

EAT THE WEIGHT OFF

Complete Curriculum Guide

Everything inside your Eat the Weight Off membership.
eattheweightoff.com | Founded by Pamela M. Johnson

This guide gives you a complete look at everything included in your Eat the Weight Off membership — every course, program, specialization, and coaching option available to you. No upsells. No hidden fees. One membership, everything included.

BURN — \$27/month or \$247/year	TRANSFORM — \$67/month or \$597/year
Burn Workout Library Community Forums Weekly Themes Member Newsletter Sip & Share Chats Blog & Podcast Access Coaching add-ons available	Everything in Burn, PLUS: Full Academy & All Courses Meal Plans & Recipes Coaching Cafe Live Events & Group Coaching Connections Platform Progress Tracker All Programs (21-Day, Sugar Reset & more)

Use code TRYFREE at checkout for your first month free on any plan.

Featured Courses (Transform Members)

COURSE	DESCRIPTION
Eat the Weight Off Master Class	Our signature course — the complete guide to the Eat the Weight Off approach.
Nutrition Mastery	Fuel your body effectively and enjoy food free from guilt.
Mindset & Motivation	Build resilience to overcome obstacles and stay inspired.
Holistic Wellness	Integrate wellness into all areas of your life.
Mindful Eating Practices	Foster a healthier relationship with food.
Joyful Movement	Discover enjoyable ways to move your body every day.
Self-Compassion & Empowerment	Cultivate a positive, empowering mindset.
Emotional Eating Solutions	Recognize triggers and build healthier coping skills.
Family Wellness	Make wellness a collective journey for the whole family.
Men's Health	Personalized strategies for men's optimal health and well-being.
Women's Wellness	Addressing women's unique health needs at every stage of life.
Wellness for Kids	Fun, age-appropriate healthy habits for children.

Featured Programs (Transform Members)

- ✓ Eat the Weight Off Foundation Program — the essential starting point
- ✓ 21-Day Jumpstart — 21 days of simple, focused habits
- ✓ Holistic Lifestyle Transformation — mind, body, and spirit approach

- ✓ Mindset Mastery Program — rewire your thinking, sustain your results
- ✓ Emotional Eating Solutions — identify triggers, build healthier habits
- ✓ Family Wellness Program — wellness for the whole family
- ✓ Family Habits — simple, sustainable routines for busy families
- ✓ Wellness for 50+ — specialized guidance for life after 50

Optional Coaching Add-Ons (All Members)

SESSION	FORMAT	PRICE	BEST FOR
Quick Coaching with Pamela	20 min / Zoom	\$25	Fast, focused support when you need it most
Deep Dive with Pamela	60 min / Zoom	\$45	Personalized action plan for your goals
Group Coaching with Pamela	45 min / Zoom / Max 15	\$15/person	Live group session, open Q&A;