



**Q: When does the next program start?**

**A:** The next program starts on Tuesday, January 8, 2019.

**Q: When does this program open up for sign up?**

**A:** We are off and running starting on November 20, 2018.

**Q: When does this program close for sign up?**

**A:** Signups will close as soon as the program is full.

**Q: How long does the program run?**

**A:** My Progress Not Perfection Online Coaching program runs for 6 weeks.

**Q: How much does the program cost?**

**A:** The program costs \$259.

**Q: Is this program appropriate for vegetarians?**

**A:** This program is not designed specifically for vegetarians. However I have had several vegetarians have major success with the program. As long as you are open to eating other protein sources such as fish, tofu, dairy, and/ or supplementing with a pea/hemp/rice protein you will have no issue :)

**Q: Are there men in this coaching program?**

**A:** Yes there are men in the program as well :) I just happen to have more of a female following!  
Quite a few men have joined with their wives and had a great time learning and completing the program together.

**Q: Do you need a Facebook account?**

**A:** Yes. But you do not need to be sharing funny exercise fails or even diving into other people's political rants. You can simply create an account for the duration of the program, not friend anyone, and simply access the group. You can even make a fake name.

**Q: Is this program online or in person?**

**A:** This program is all online and we set up an amazing community through Facebook where we share recipes, ideas, feelings and the community is like NOTHING I have ever been a part of.



**Tonya Acosta Gorgone** I can tell you working out less was the hardest thing for me!!! Xfit 5 days a week - angry with myself for only going 3 days if I got tired or busy- but now I work out hard 3 days, walk the dogs the others and stick to my macros and I lost 12 lbs moving towards the shred I want! ( it was not over night! Let your body get acclimated!! It took 3 months at least) I have so much more time to myself it amazing!!!!

Like · Reply · 6 · July 28 at 6:35pm · Edited



**Stacey Veronica Schaedler** Thank you Tonya 😊

Like · Reply · 1 · July 28 at 6:28pm



**Katie Santarelli** I used to workout A TON - I was a 6 day a week girl. And I didn't eat nearly enough. I started upping my protein (it was so hard for me at first - I felt full and didn't want to eat this much) and I exercise less. Three days of strength max!!! ZERO cardio. And I changed my body drastically. Give your body time to adjust to the protein increase. You will see results - promise

Like · Reply · 6 · July 28 at 6:32pm



**Karen Smith** So I followed this process and lost some weight (20ish pounds). I had lost more than that before and not had the results I've had with eating more, exercising right (and the way I like...hate cardio). But the real proof for me was how my body changed shape. I went down 3 pant sizes and have maintained for 3 plus years now. I love the shape and feel of my body. It is thick, strong and sleek.



**Lindsay Barnes Holden**

February 28

I've learned so much from all of you in these past 8 weeks! Your support and sharing kept me on track - thank you! Even though the journey was difficult **Stacey Veronica Schaedler** always kept the plan simple!



**Stephanie Naumchick Bernier**

February 28

Just want to reiterate what others have said! This has been an awesome process and I'm just getting started. I'm so appreciative of this group and the experiences you have all shared. They've helped me so much as I second guess things and try figure it all out. Your stories and experiences and challenges are felt by us all and mean a lot...so for that I thank you. Couldn't have asked for a more interesting and supportive group. And special thanks to [Stacey Veronica Schaedler](#) for ALL that you do.

As for success, what sticks out most for me right now is just how close I am to a real unassisted chin-up. 99% there and it's because I can get lighter and stronger at the same time. No loss of strength this time!!

**Q: What if I am new to tracking my food?**

**A:** You are going to be tracking your food for all 6 weeks.



**Q: I have tried other fat loss programs before but had no success, is this program right for me?**

**A:** YES, Progress Not Perfection nutrition coaching is all about increasing awareness with regards to how YOUR body responds to food. Whether you are an athlete, overweight + sedentary, a new mom, looking to increase energy and health or just looking to lose the last 5lbs... **THIS PROGRAM IS FOR YOU.**

**Q: What do I need in order to sign up for this program?**

**A:** Patience, a positive attitude, consistent action, and trust in the process.

**Q: How much time needs to be committed to this program?**

**A:** Expect to check into the Facebook group for 10-15mins 1x per day. In addition you will spend time grocery shopping, preparing your protein, as well as tracking your food (this gets easier the more you do it).

**Q: What do I get when I sign up for this program?**

**A:** The Progress Not Perfection Online Nutrition Coaching includes:

- Grocery shopping list, 150+ recipes, Plug and Play Method for Sustainable Eating, Progress not Perfection Sustainable Eating 101 packet (60+ pages), customized macronutrient numbers, Weekly 1-1 support from Stacey.
- Templates: Meal Planning + Workout Schedule
- Template Tools: Community based Facebook Accountability Group, MyNetDiary, self-reflection journaling questions.



**John Talanian**

February 28

You guys have been awesome. I've felt inspired, supported, and motivated to do better by all of you who shared recipes, photos, and personal stories. In turn I tried to provide the same. You get what you give. And for this program you get out of it what you put into it.

There are no magic pills, fad diets, special potions, or short cuts. What there is, however, is a sustainable way to live and eat in a healthy way so that you can still have the foods you want. Over the last 2 months I had ice cream, donuts, apple fritters, chocolate, cookies, and pecan pie. And I lost 5.3 pounds. I applied the 80/20 we learned about so I could on occasion eat those treats. I also ate my veggies consistently over the last 3 weeks which is a first for me! As you can see in my before and after photo this shit works if you work it! Thank you everyone!

**Q: Does this program include a meal plan?**

**A:** HELL NO! With coaching tools and personal preferences YOU will learn to eat what you like once and for all :)

**Q: Why should I join this online nutrition group when I could simply follow a cookie cutter plan from the internet?**

**A:** The difference with PNP Online Nutrition Coaching is that I individualize based on age, gender, activity level, level of experience, food preferences, allergies/intolerances AND I will never tell you what- what not to eat OR when/ when not to eat it.

**Q: There are SO many online nutrition groups out there, what makes this so special?**

**A:** The community, accountability, individualization, and sustainability of the plan you establish!

**Q: I still have more questions, how can I find out more?**

**A:** Just hit "reply" and I will get you the information right away because this program is going to fill up FAST!



Check out these before and after photos! I'm very happy with the progress I've made and I can honestly say I've learned so much. I didn't realize how poorly I was eating before I started. Not enough veggies and very low protein! I also LOVE strength training now and I've really just started my journey with lifting. I am also just more active in general on my rest days which has translated to my family being more active so I can say the coaching helped more than just me!

THANK YOU THANK YOU! My life has changed for the better in so many ways since joining this group. Having been pregnant twice I know it must be hard running your own business right now but it's making a huge difference for so many people!



I cannot tell you how much working with Stacey has changed my life. I have been active all of my life from Division 1 lacrosse to pick up soccer games to CrossFit. I have never been pleased with my body aesthetically, no matter how much I worked out! Most recently coming from the CrossFit world, hitting WODs 4-6 times a week and participating in the paleo lifestyle for 2 + years, I still felt frustrated. I have a strong understanding of food and cook mostly everything I put in my body, I eat very clean and organic – working under Stacey’s guidance was so easy since I understood which foods I could use to meet my macros – its such a Science – something I wouldn’t have figured out on my own. I also would have told you I would never track food – well I LOVE it – I usually plug in my proteins the night before and fill in the rest as I go depending how I feel. What was hard was to believe Stacey was right!!!! She told me to work out only (strength) 3 times a week otherwise just walk the dogs. Once we found the sweet spot the results were amazing!!! (Just stay the course!) I lost 10+ lbs, I went from a size 6 to a 4 and finally started to see my strength show through my skin! Since I am VERY competitive I was worried, and very careful to keep track of my strength and endurance - another WIN... I PR-ed most of my lifts and still have my lungs to rock my met-cons. I have not only gained such an appreciation for my body, but I have gained a huge amount of knowledge from Stacey. I LOVE being able to relax and enjoy what I eat – there are no questions – the guessing game is over! Lastly, I have gained the gift of TIME – I now don’t feel obligated to live at Crossfit to FIX my body (which never worked) – I now spend more time with my hubs biking, SUP, pickle ball or just taking a walk with the pups! OR taking a rest because I feel like it!!! For the first time in years I feel comfortable in my body!!! Working with Stacey is the BEST thing I have done for myself in a LONG TIME!!!!



22.6lbs lost in total! Lost 4 inches in waist, 4.5 inches in hips and 4 inches in my bust. I am in awe at how much my body has changed in just a few months and blown away when I compare the pictures! I wasn't planning on going to my high school reunion this Thanksgiving...but now?  
THANK YOU THANK YOU!!! YOU ROCK!

Actually starting to see abs! Also, for the first time in years- I have felt confident in a bikini and thought nice things to myself!



Tue, Apr 26, 4:48 AM

FUCK YES!!!! 🥰🥰🥰🥰👍👍👍👍👍👍

Still looking to learn more about the program?  
If you still have more questions...send them to [stacey@staceyschaedler.com](mailto:stacey@staceyschaedler.com). :)

XOXO Stacey