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kick off your year with jeff and take the first steps toward your healthiest strongest self whether you re a beginner or ready to take your fitness to the next level we ve got the perfect plan to help you

our varied seasonal menus are tailored to your preferences and focused on balanced portion controlled eating that will sustain you our recipes are as delicious as they are healthy you won t feel bored

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you can get your eating and exercise plan take the 2 minute quiz

unlock the door to a healthier lifestyle with club your all in one membership designed to make wellness simple and achievable join jeff and embrace a fitness journey that s inspiring enjoyable and

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at jeff we believe in making fitness and wellness accessible to everyone our app is designed to support you every step of the way whether you re starting your fitness journey or looking to level up

this guide is to help you sync your fitness device with the jeff app so your daily movement is automatically added to your movement log step tracker in the app

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