

5 Week Eat Right, Feel Great Challenge Outline

Week 1

Coaching Session: Your food story will be uncovered. Limiting beliefs discussed.

Menu Plan: Breakfast menu/recipes, created by Holistic Nutritionist

Goal for the week: eliminating refined foods and sugar, discussing physiological impact of these foods on your body and state of mind.

Homework: video, connect with your accountability partner and check into FB group daily

Expectations and Commitments: attend each of the 5 weekly meetings, be coachable, check in with your accountability partner daily, call if there is a breakdown.

Week 2

Coaching Session: State of Mind: Changing behaviour and habits around food.

Menu Plan: Lunches and Snacks menu/recipes, created by Holistic Nutritionist

Goal for the week: being mindful of your thought patterns around food

Ph level testing, where are you on the scale? Acidic or Alkaline?

Peer Mentorship: During check in, you will share where you are being successful and where you are challenged. Through this dynamic process you will gain insight and wisdom from the group that will support you in your journey. Participants will share from their own personal experience.

Homework: video, connect with your accountability partner, check into FB group daily

Week 3

Coaching Session: What are the barriers and constraints that are keeping you from being the best version of yourself?

Menu Plan: Dinners menu/recipes provided by Holistic Nutritionist.

Goal for the week: 80/20 rule

Ph level testing – what changes are you seeing?

Peer Mentorship

Homework: video, connect with your accountability partner, check into FB group daily

Week 4

Coaching Session: Mind/Body connection. If you are going to have a breakthrough in lifestyle habits, you need the right state of mind. By changing your focus, you will change your state of mind.

Goal for the week: Each participant creates their own goal for success and commits to fulfilling on this.

Ph level testing – check in

Peer Mentorship

Planning for success on Week 5

Week 5

Think tank Mastermind Session ; through group work you will embed and deepen your understanding of healthy habits.

Ph testing

Problem solving : Concerns, stresses, worries will be looked at and strategies given for success.

Celebrate breakthroughs and epic moments: By sharing positive moments/experiences you are giving the gift of inspiration to all of us.

Expectations and Commitments:

- Be coachable – have an open mind.
- Commit to yourself, be at every meeting.
- Check in with your accountability partner.
- Participate in FB group daily.
- Call if you are having a tough time and need support.