



90-Day Mental and Physical Power Up Journey Map

Discover Sessions

- Clarify concerns and their origins.
- Agree on steps and strategies
- Layout 3-6 month plan.

Day 16 - 31

Reduce Inflammation

- Continue practicing your low-carb lifestyle.
- Enhance stress management skills.
- Begin movement practice.
- Save time and money with low carb meals

Day 48 - 63

Distress Tolerance

- Daily reminders
- Daily review
- Refine weekly meal prep
- Review Sleep Hygiene

Day 80 - 90

Optimize functional movement and strength building

- 20 minute fat burning and muscle building routines.
- Retest Inflammation levels

Day 1 - 15

Detox and Low Carb Life Style

- Begin 27-day detox
- Test Inflammation levels
- Understand how to balance blood sugar
- Begin your low-carb lifestyle
- Try Low Carb meal

Day 32-47

Meal Prep

- Begin weekly meal prep.
- Regular exercise and stretch sessions.
- Clarify big why and one-year goals.

Day 64 - 79

Person of my dreams

- If I were the person of my dreams who would I be?
- Refine reminders and review time.
- Clarify sleep hygiene

Maintenance

Need more coaching and practice?

- Design 6 month maintenance plan

Strength & Vitality
MIGHTY
Me!

Functional Nutrition and Movement