



30 day free intermediate coaching

Phase two is designed to further build on the good habits created in phase one. Just like phase one each week contains simple actionable tasks that can be performed straight away and adds to the previous weeks tasks.

Week one

Nutrition - Eliminate simple and artificial sugars

Exercise - Start yoga once a week

Lifestyle - Remove toxins

Week two

Nutrition - Learn to track calories

Exercise - Start tabata twice a week

Lifestyle - Start meditating twice a week

Week three

Nutrition - Start to eat more organic foods

Exercise - Walk for 45 minutes per day

Lifestyle - End your shower on cold each day

Week four

Nutrition - Use your skills to self evaluate each days meals

Exercise - Mobility work using the stick and also foam roller, massage ball and resistance bands

Lifestyle - Start gratitude journaling twice a week

Summary after the four weeks you should be doing

Nutrition - Becoming more aware of what you are eating, making your own healthy decisions

Exercise - Doing yoga once a week, tabata twice a week, walking 45 minutes a day, with daily mobility work focusing on areas of need

Lifestyle - Meditating and gratitude journaling twice a week, with daily cold showers