



Personalised COACHING Plan

SESSIONS SCHEDULE

HORMONE BALANCING

MONTH 1

CONSULTATION: GOAL SETTING AND TRACKING

Let's chat about your hormones and what you expect to achieve from this programme. I will help you set 1 to 3 SMART goals, draw strategies to achieve them, and explain how to track your cycle.

SESSION 1: PHYSIOLOGY

In the first 15 minutes, we will review the progress you've made so far, and readjust our strategies to make sure you stay on track. In the next 45 minutes, we will explore how the menstrual cycle works from a physiological point of view. This will help you understand your cycle and symptoms in detail

SESSION 2: NUTRITION

In the first 15 minutes, we will review your progress and adjust your strategies. Then we will focus on how to improve and periodise your nutrition to optimise hormone balance.

SESSION 3: EXERCISE

In the first 15 minutes, we will review your progress and adjust your strategies. Then we will focus on how to improve and periodise your exercise to optimise hormone balance.

SESSION 4: LIFESTYLE

In the first 15 minutes, we will review your progress and adjust your strategies. Then we will explore your lifestyle and see what simple actions you can take to optimise hormone balance.



SESSION 5: FIRST MONTH REVIEW

This session is all about your feedback on the first month. I will be asking questions that will help you understand how the first month has gone, what you've done well and what you can do better in the next month.

SESSION 6: WEEKLY MEAL PLANNING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your meals and your grocery shopping for the week ahead, based on your menstrual phase and needs.

SESSION 7: WEEKLY WORKOUT PLANNING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your workouts and other physical activities for the week ahead, based on your menstrual phase and needs.

SESSION 8: WORK AND LEISURE SCHEDULING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your work load and leisure for the week ahead, based on your menstrual phase and needs.

MONTH 3



SESSION 9: SECOND MONTH REVIEW

This session is all about your feedback on the second month. I will be asking questions that will help you understand how the month has gone, what you've done well and what you can do better in the next month.

SESSION 10: MONTHLY MEAL PLANNING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your meals and your grocery shopping for the month ahead, based on your needs and goals.

SESSION 11: WEEKLY WORKOUT PLANNING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your workouts and other physical activities for the month ahead, based on your needs and goals.

SESSION 12: WORK AND LEISURE SCHEDULING

In the first 15 minutes, we will review your progress and adjust your strategies. Then I will help you plan your work load and leisure for the month ahead, based on your needs and goals.

MONTH 2 FOLLOW UPS

MONTH 4

SESSION 11 (WEEK 14): 3-MONTH REVIEW

This session is to review your first 3 months and draw a plan to continue working on your own.

SESSION 12 (WEEK 16): FIRST FOLLOW UP

We are meeting 2 weeks later to see how you're doing on your own, and what support - if any - you need.

MONTH 5

SESSION 13 (WEEK 20): SECOND FOLLOW UP

Second follow-up session (4 weeks later) to see how your first month alone has been.

MONTH 6

SESSION 14 (WEEK 24): THIRD FOLLOW UP

Third follow-up session (4 weeks later) to see how your second month alone has been. Now you are fully ready to continue on your own. Well done!

Throughout the programme, you will be provided with trackers, templates, guides, recipe suggestions and other helpful resources, and you will have my full support on WhatsApp

