

# Health Journey Step-By-Step



Hello and Welcome to your Therapeutic Partnership!  
This is a system-based approach to care; we embrace both systems biology and a systemic way of working for good care and support.

## WEEK 1 Discovery Survey and Session

- Fill out discovery survey.
- View you're email and schedule you're FREE 30-minute discovery session.
- Make payment to start Balancing Body 90 Day Breakthrough program.
- Welcome email including intake form is sent to you.

## WEEK 2-4 Balancing Body 90 Day Breakthrough

- Return completed intake form by week 2 or 3 for review.
- You receive invite to schedule counseling session #1
- After session email, what to do next and scheduling next session.

## WEEK 5-7 Functional Health Timeline

- Functional health timeline created from information gathered.
- Counseling Session #2 by week 6.
- After session email, what to do next and scheduling next session.

## WEEK 8 Personalized Wellness Map

- Personalized wellness map is created.
- Counseling Session #3 on week 8.
- After session email, what to do next and scheduling next session.

## WEEK 9-11 Food, Mood, Poop

- Counseling Session #4 by week 10.
- Food, mood, poop
- After session email, what to do next and scheduling next session.

## WEEK 12 Action Steps Guide

- Counseling Session #5 by week 12.
- Action Steps Guide Created.
- After session email, what to do next and scheduling next session.

