

Health Journey Step-By-Step



Hello and Welcome ☺

I follow the same client onboarding process with every client.

This is a system-based approach to care; we will embrace both systems biology and a systemic way of working.

WEEK 1 Discovery Survey & Discovery Session

- Fill out discovery survey.
- View you're email offer for a FREE 30-minute discovery session.
- Ask your questions. Counselor explains services.
- Session helps us determine if counseling is currently a good fit for you.

WEEK 2-4 Balancing Body 90 Day Breakthrough

- Pay for BBB program to gain entry.
- Welcome email sent with your intake form attachment.
- Complete form within 2 weeks to stay on track in this 90 Day Program.
- Counselor has one week to review your intake form from day of submission.
- Discover assignment.

WEEK 5-7 Timeline Discovery Session

- Emailed invitation to book your 1 hour dedicated client discovery session.
- Functional timeline created based on information gathered during session.
- Discovery Assignment.

WEEK 8 Elevated Wellness Travel Map

- Counselor completes a personalized functional nutrition map!
- Discover assignment.

WEEK 9-11 Mapping Discovery Session

- Emailed invitation to book your 1 hour dedicated client discovery session.
- Session will include discussing challenges, provide recommendations.

WEEK 12 Travel Direction Action Steps

- Counselor creates and provides you with an individualized action plan.
- Along with directions for our next steps towards working together.

