Daphne sessions: 30 min.
Rachel sessions: 45 min.

Sessions with D + R are 1:1 unless otherwise stated.

GETTING STARTED

Joint discovery session with Daphne + Rachel to begin preparing a plan that meets your body-mind wellness goals.

WEEK 1

DAPHNE:
Introduction to your personalized fitness + nutrition plan

RACHEL:
Review and launch your personalized motivational coaching + support plan

WEEK 2

DAPHNE:
Check-in Q+A on nutrition and movement

Psst. Meanwhile, Daphne + Rachel will **meet weekly** *to discuss your needs and adjust your program to meet you where you are. We've got you.*

WEEK 3

RACHEL:
Check-in; motivational coaching + emotional support

Love note from Daphne + Rachel:
Email us with questions or thoughts anytime during the program. We're here for you.

WEEK 4

DAPHNE:
Check-in Q+A on nutrition and movement progression for Month 2

MONTH 2

DAPHNE:
Bi-weekly movement + nutrition check-ins

RACHEL:
Bi-weekly check-ins with motivational coaching tools + emotional support

💫 HALF-WAY MILESTONE

Six-week call with Daphne + Rachel to review progress and support you on the second half of your journey. *Go, YOU!*

MONTH 3

DAPHNE:
Bi-weekly movement + nutrition check-ins

RACHEL:
Bi-weekly motivational coaching + emotional support

💫 COMPLETION MILESTONE

Celebration call with Daphne + Rachel to honor your hard work and plan your next steps. 💪🎉