

# Evergreen Coaching Model



# EVERGREEN COACHING MODEL

Program Orientated	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Are you making progress?		3							
Are you enjoying the diet?		5							
Do you have any cravings?		9							
Are you enjoying the training?		4							
How well are you recovering?		3							

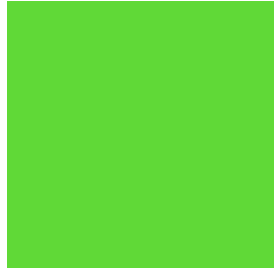
Energy & Sleep	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Do you wake up during your sleep?		5							
Do you find it hard to fall asleep?		2							
Do you have a mid afternoon dip in energy?		6							
Do you sleep less than 7 hours a night?		10							
If you don't have coffee, would you be tired during the day?		10							

<b>Gut Health</b>	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Do you suffer from bloating?		10							
Do you experience constipation or loose stools?		6							
Do you have gas (belching, or flatulence)?		3							
Do you have difficulty digesting any food?		6							

<b>Hormones</b>	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
How is your libido?		4							
Do you have consistent morning erections / do you have PMS?		8							

<b>Client Specific</b>	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		3							
		3							
		3							
		3							

<b>Health Index</b>	Prior	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<b>Total score</b>	0	5.3	0	0	0	0	0	0	0



You are welcomed onto the empowerment call.

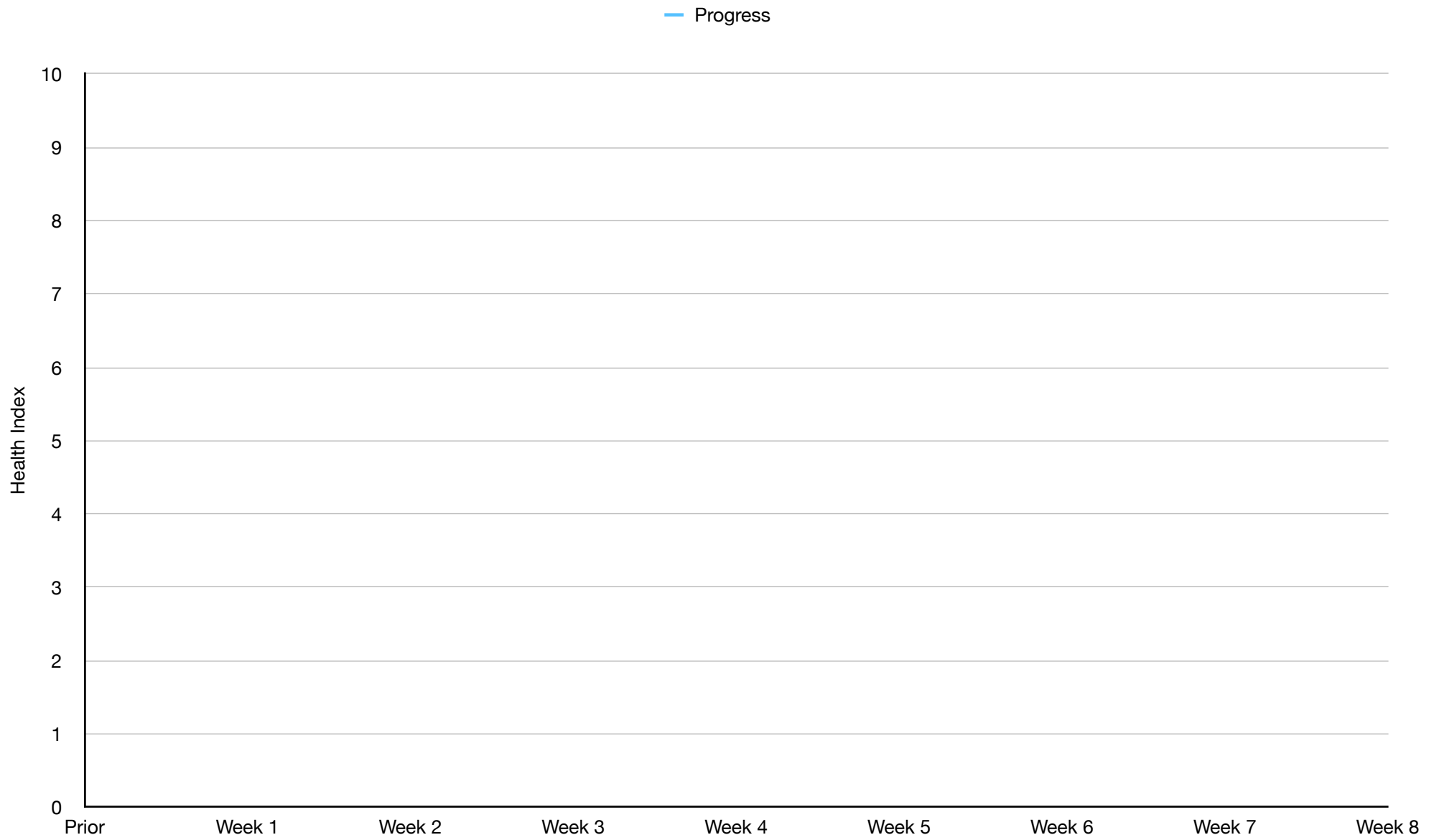


It is highly advised that you attend the empowerment call.



It is highly advised that you attend the empowerment call. In addition, please use the following link to schedule your personal 15-minute break through call: <https://calendly.com/>





*Parter.*  
INSTITUTE