

13 WEEKS MOM POOCH PROGRAM



DIETITIAN

To guide to a healthy eating

WEEK	CONTENT
Week 1 & 5	Sessions
Week 9 & 13	Sessions
Other Weeks	1 call weekly

LIFESTYLE BUDDY

A friend to hold you to a better lifestyle

- Onboarding
- Confirms bookings with Nutritionist.
- Checks your attendance & CONSISTENCY check.
- Gets you motivated with calls once a week.

FITNESS TRAINING

Strength & Conditioning

Choose: Recorded, Live Group or Personal Training

WEEK	CONTENT
Week 1-4	Basics
Week 5-8	Moderate Progression
Week 9-12	Advanced
Week 13	Maximum Progression

Core & pelvic floor strengthening

Community programs & classes in addition