

17 WEEKS POST PARTUM CONTROL PROGRAM



PSYCHOLOGIST

Healing you mentally

WEEK	SESSIONS
Week 1	1 st Session
Week 6	2 nd session
Week 12	3 rd Session
Week 17	4 th Session

LIFESTYLE BUDDY

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

FITNESS TRAINING

Strength & Conditioning with weekly 1 day YOGA

Choose: Recorded, Live Group or Personal Training

WEEK	CONTENT
Week 1-4	Basics
Week 5-8	Moderate Progression
Week 9-12	Advanced
Week 13-17	Maximum Progression

DIETITIAN

To guide to a healthy eating

WEEK	CONTENT
Week 1,5,9	Sessions
Week 13-17	Sessions
Other Weeks	1 call weekly