



MELANIE!

You are receiving this because you have decided that you are worthy of investment, and because you are committed to making changes that will lead you to live the life of your dreams.

You also recognise the added value of hiring a coach to ensure your success.

Congratulations!

You have just taken the first small step that will lead you in leaps and bounds to your chosen targets!

Thank you so much for inviting me to be your coach during your introspective journey. I am honoured, and hope you feel as excited as I do. You will discover more of who you are and where you truly want to go.

I'm living proof that if you have a goal to focus on, and believe that you WILL succeed, your life will be joyous and fun.

I'll support you as you discover what those goals & successes are for you.

*Your health
is an
investment,
not
an
Expense.*

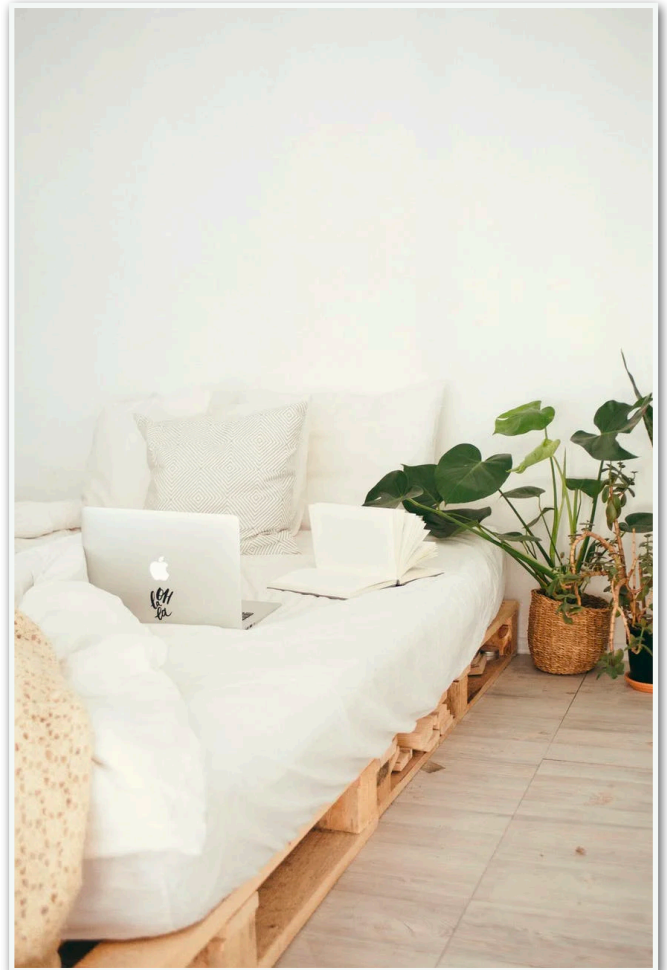
WHAT YOU CAN EXPECT...

TOGETHER, IN OUR CO-CREATIVE PARTNERSHIP, WE WILL:

Identify your goals
Identify the obstacles/barriers to obtaining those goals
Find solutions to the obstacles
Find reasons to believe in yourself and why you will succeed
Celebrate your efforts along the way

AS YOUR COACH I WILL:

Be as excited and committed to your goals as you are
Take the time to challenge you to define what a winning life means to you.
Hold you accountable to make sure you live up to your potential.
Provide education, recommendations and structure to help you accomplish more.
Keep you better focused to produce results more quickly.
Always be honest and direct.
Help guide you in a low carb and fasting lifestyle.
Maintain confidentiality.



AS MY CLIENT I ASK YOU TO:

Be fully prepared, on time and focused at each session.
Be honest with yourself and with me.
Let me know what works for you and what does not.
Stretch yourself to deepen the work done in sessions by writing and taking action steps between sessions.

TIME DOES MATTER...

We're on a timeline, so let's make every moment count!

We have three months!

Let's make the most of our time together.

I'm here for you.

This is your Journey!!

We will start by an initial 90 min session so that we can really dig deep.

Next, we will meet weekly or bi-weekly depending on your choice.

Each session, you will report on your progress, and end with a clear set of steps you can take in the weeks ahead. We will schedule as many sessions as we can in advance.



HERE ARE SOME TIPS TO MAKE THE MOST OUT OF OUR SESSIONS TOGETHER!

- *Be prepared. Write down your wins, goals, struggles and questions before the session. Be vocal about them!*
- *Keep a journal if that can help!*
- *Do your work between sessions. Use what you learn. Complete the action plan you set for yourself. Tell me all about it*
- *Be open-minded. Try new approaches. Experiment. Be willing to try and to stretch beyond what's comfortable.*
- *Be willing to let go of beliefs and habits that no longer serve your best interests*
- *Be on time and be present.*

*Change begins at the end
of your comfort zone*

Changes/Cancellations: If you must change or cancel your session, please do so 24 hours in advance and reschedule for another time that week. You (the client) are responsible for any missed session(s) not cancelled at least 24 hours in advance and the session will be missed. In the event that you are late, I will wait 15 minutes before cancelling your appointment. Please be advised in the event you are late, your appointment may not be extended. If you have an emergency, we will work around it.

A journey begins with one step...

ALL DREAMS CAN BECOME GOALS,
IT JUST TAKES YOU TO MAKE THE FIRST STEPS,

One of the tools that we will be using is S.M.A.R.T. It's a way to break down your goals to make them more tangible! You can use this guide to help prepare your notes before our sessions or at any time you have a goal that you want to accomplish:

step 1: choose an objective (*example.. I want to lose weight*)

step 2: make it S.M.A.R.T.

Specific: Your goal statement should make it clear exactly how you need to focus your efforts. To be specific, a goal should answer the questions: *who, what, when, where, and why*. Example: “I’m going to lose weight” is not a specific goal— instead: “I am going to work on replacing snacking habits with non-food habits”

Measurable: You want your goals to be measurable so you can track your progress. This portion of your goal statement will answer the questions how much or how many. Example: “I am going to be skinny” is not a measurable goal— instead: “I want to be under the limit to go on a zipline!” is a measurable goal.

Attainable: Your goal should challenge you, but reaching it shouldn't be impossible. You need to be realistic when setting your goals; otherwise, you will be setting yourself up for failure (and frustration). Example: “I am going to lose 25lbs a month” is not attainable - instead: “I will focus on getting my insulin down by choosing low carb foods and fasting”

Relevant: Does your goal matter to you? Will achieving it bring you closer to your goal? Example: “I will read 8 books” is great, but not what you are focusing on now.- instead “I will focus on nutrition dense foods such as Protein and Fat”

Time-specific: Goals are not open ended—they have dates attached. Example: “I want to be healthy one day” is not time-specific; while “I am going to work up to a 72h fast in 3 weeks”

Please note that I don't make any guarantees about the results from the information given. I share educational and informational resources that are intended to help you succeed in weight loss and helping you get healthier. My knowledge come from extensive research and experience.

You nevertheless need to know that your ultimate success or failure will be the result of your own efforts, your particular situation, and innumerable other circumstances beyond my knowledge and control.

INVESTMENT

3 Month Program

OPTION A	OPTION B
1 x 1.5h initial session 3 x 45min weekly sessions (Month 1) 4 x 30min sessions biweekly (Month 2-3) 1 x 45min closing session Weekly Check-ins and Texting	1 x 1.5h initial session 5 x 45min weekly sessions 1 x 45min closing session Weekly Check-ins and Texting
\$1200	

You have several options to complete your payment.
Choose to pay in full or start your program with a downpayment of half (600\$), followed by two equal payments (300\$, \$300).
The invoice will be attaches and payment options are available though PayPal

WHAT HAPPENS ONCE YOU PAY

- * *Once I receive the payment, we'll set up our first few sessions.*
- * *Please sign the Client Agreement as well and return it to me.*
- * *I will send you a questionnaire. Please take the time to to fill it out and think about your answers. I ask that you send them to me by e-mail (melissa@paxye.com) or in a file in messenger at least 24h before our first session so that I have time to look at it and prepare.*