

The Client Launchpad™



Welcome to [PROGRAM]

[NAME]!

Congratulations on taking the first step in redesigning your health.

We are so excited for you to start [PROGRAM].

Thank you for your trust and commitment.

[PROGRAM] challenges [SHARED ENEMY] by [SOLUTION].

Our goal is simple, for you to [DREAM] with [SOMETHING THEY USUALLY HAVE TO SACRIFICE].

At [PROGRAM], we strive to provide our clients with the very best resources and tools by applying a disruptive model of coaching.

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Welcome to [PROGRAM]

Functional Blood Analysis

We highly recommend combining our Blueprint™ with recent blood work (for blood work to be classified as recent, it should have been taken within the past 4-6 weeks without any large lifestyle or dietary changes).

Purchasing blood work is not essential to get started or achieve results, however, it is strongly recommended if you want to make the most out of [PROGRAM].

If you are based in Australia, we recommend combining the [Well Woman Check](#) / [Well Man Check](#) + [Advanced Thyroid Check](#) from I-Screen. We also have a 10% discount code that will change periodically, it's currently "CARTER".

If you are based in the United Kingdom or Europe, we recommend the [Competitive Athlete](#) from Youth Revisited. Alternatively, you can opt for the [Ultimate Performance Blood Test](#) from MediChecks.



Welcome to [PROGRAM]

If you are based in the USA, we recommend: Either directlabs.com and everlywell.com, these are two options for online orders. After paying the fee, book an appointment at a Quest Diagnostics lab, they draw the blood and then you receive the results online.

Another option is [Vibrant America](#) or [Walk-In-Lab](#) (in this case, the Wellness #2 + Vitamin D is the best option).

Please note, some states within America can be a little challenging, such as New York, so please check based on your location as purchasing your own blood work may not be permitted.

Alternatively, if you have a trusted doctor who is on board with making you healthy, you should be able to get them referred from your registered practise.

As soon as you receive your lab results, please forward them onto your designated **[PROGRAM]** coach as this will enable your plans to be personalised.



Welcome to [PROGRAM]

We anticipate receiving these within 7-14 days from your investment, with you scheduling your own blood work appointment within the next 3 days.

Prior to giving any blood work, it is important to abstain from alcohol, sauna use, and any form of physical exercise for 3 days (excluding your normal daily step count).

Additionally, please ensure you are well hydrated the morning of taking your blood by drinking 500-750ml of water. We recommend performing the blood tests fasted (without coffee), scheduled between 8-11am.

If you choose not to purchase any further laboratory testing, please inform us directly so we can start crafting your plans sooner.



Welcome to [PROGRAM]

Your Weekly Check-In

Please complete this check-in every [DAY], it will only take 2-5 minutes.

The [PROGRAM] Community

Once you have completed the screening form, please click on the link below to join our [PROGRAM] community. This is where you will meet other members and have access to the weekly masterclasses, support and other resources.

You can join the [PROGRAM] community here: [LINK]

The Launchpad

You will also be entered into The Launchpad, and sent a series of health-stacking habits daily for 21 days.

This will help you gradually reform your lifestyle to build unbreakable momentum while managing overwhelm.



Welcome to [PROGRAM]

We highly recommend opening and implementing these daily - to keep yourself accountable, please share your experience in the comment section of each habit within the community.

[PROGRAM] Masterclasses

Last but not least, we have our [PROGRAM] masterclasses.

The schedule is as follows:

[DAY: CALL, TIME + ZONE]

This is a good web based [time zone calculator if you need one](#).

The access links can be found within the event section of the Facebook group. All events will be recorded and uploaded into the guides should you miss any.

These [1-3] weeks are extremely important.

If you try to hide away, chances are your results will suffer.

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Welcome to [PROGRAM]

If you are unable to attend the calls,
please show up in the group as much as
possible and make yourself known!

Again, congratulations on taking your very
first step in redefining your life.

We look forward to working with you and
watching your transformative progress take
place.

Yours in health,

[NAME]

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