

5 Point Pyramid



Driven

Tier 5



Committed

Tier 4

Results focused

Tier 3

Goal focused

Tier 2

Beginner

Tier 1



	Commitment	Health	Urgency	Experience	Confidence	Budget	History of ED
Driven	Highest	Chronic	<3 months	>12 month	10/10	\$200+ pm	X
Committed	High	Performance	<3 months	>6 month	8-9		X
Results focused	Moderate	Specific	3-6 months	>1 months	7	\$100+ pm	?
Goal focused	Low	General	6 months	<1 month	6	<\$100 pm	?
Beginner	Minimal		12+ months	None	<5	Low	

T5 Aromatherapy

T5 Herbal Teas

T5 Herbs & Spices

T4 Meal Timing & Frequency

T3 Supplements

T3 Micronutrients

T2 Macronutrients

T2 Energy Balance

T1 Lifestyle, Habits & Structure

T1 Exclusions

T1 Mindset, Goals & Support

T1 Education & Expectations

EDUCATION & EXPECTATIONS

**Empowers the client, reduces overwhelm,
creates value, leading to prioritisation and
commitment.**

MINDSET, GOALS & SUPPORT

Allows the client to overcome self-sabotage, procrastination, all of which improves adherence and belief.

EXCLUSIONS

Removes triggers, toxins, and allergens which may be making the client worse or holding them back.

LIFESTYLE, HABITS & STRUCTURE

**Essential to build routine and
behaviour of success. Inclusive of
sleep, movement, organic health,
eating habits etc.**

2

ENERGY BALANCE

Determines weight loss or weight gain.

2

MACRO- NUTRIENTS

Determines body composition.

3

MICRO- NUTRIENTS

Determines health and functionality.

3

SUPPLEMENTS

Obtaining optimal intake void in the diet.

MEAL TIMING & FREQUENCY

**Nutrient partitioning, circadian
rhythm support.**



5

HERBS,
SPICES &
AROMA

Additional final support

Empowered not dictated



EDUCATION

SPECIFIC DIET

+ MEAL STRUCTURE

+ GUIDELINES

+ MACRONUTRIENTS

TRACKING CALORIES