# Jan 2026 Live Blue Print Testimonials

## Yelena C.

I can't say enough about the Blueprint and the experience Sarah and Becky have created. What makes it so powerful is the combination of truly tailored support and the encouragement of a community without it ever feeling so large that you get lost as a number. You feel seen, heard, and supported while also learning alongside others navigating real life.

Sarah and Becky have genuinely walked this path. Sarah is a busy mom who understands firsthand what it feels like to be overwhelmed by conflicting health advice and gaslit by influencer-driven "quick fixes." She knows what it's like to try unsustainable plans and feel like you're failing when your body is simply asking for stability.

This program is the opposite of that. It focuses on long-term metabolic stability, nervous system safety, and realistic rhythms for real lives, especially for working moms balancing a thousand responsibilities. Throughout the program, it feels like Sarah is a friend walking beside you, holding your hand, explaining what's happening in your body, and offering practical, personalized solutions week by week.

I came into Blueprint after being keto for too long and needing to re-stabilize my metabolism, a process that is not for the faint of heart. Having a knowledgeable guide to normalize the ups and downs and help me stay the course was invaluable. The support, education, and compassion inside this program are so impactful that I extended into the second session. I'm deeply grateful for Sarah and the work she's doing to support humans living real, full lives.

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## Heather B.

Hi Sarah and Team,

I feel such peace knowing that I have a clear outline of what I need to do to have optimal health. I went into this Blueprint program knowing a lot about quantum health and I wasn't sure if I would learn anything. Of course I have learned a ton of things from Sarah, Becky, the other Blueprinters and of course myself. If you want a quick fix this is NOT the program for you. I went into the program mainly for stubborn weight loss and menopause support. I have realized I have some other issues going on, but the great thing is with the Blueprint I have a foundation set to begin true healing. If you want to focus on gathering energy, repletion and nervous system regulation then this IS the program for you. At the end of this six weeks I have seen tremendous

improvements in sleep, light consistency, and even some weight loss when I have been stalled or gaining for well over a year now. I can't thank Sarah and Becky enough!

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Angie O.

I'm so glad that I signed up for Sarah's Blueprint program. I appreciate how I had accountability for the circadian practices; the program helped me to develop a consistent routine. The program has helped me to feel full from my meals; I learned that I needed much more protein and carbs. My energy has been improving. I enjoyed the program since Sarah and Becky are so available, kind, patient, and helpful. I appreciate all their support and how they quickly respond to questions during the week. It's great to know that at any time I can ask them any questions, and they respond so fast. I'm so glad that i signed up. I will enjoy the benefits for the rest of my life! - Angie

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Chrissy L.

I started with Sarah and the blue print program 5 weeks ago. This was a huge change for me. I was exhausted, slept poorly, overweight along with a lot of other symptoms.

I would say I didn't notice any serious differences right away. I was focusing on getting light, hydrating with minerals and working on my nutrition. After week three, that is when I started noticing I wasn't feeling hunger pains anymore, my cravings were way less, the scale starting moving backward and my energy has increased.

There are things I am still working on but I've noticed such a great improvement.

I'm so thankful to have had this experience. Both Sarah and Becky have been amazing and so kind. I highly recommend this program!

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Shannon C.

I'm just finishing week #4 of the program, and I've already lost 5.7 pounds. But more importantly, my symptoms have decreased, most of my cravings are gone, and I feel like I'm finding a sustainable way of eating for the first time in my life. This is pretty remarkable because I had already seen some improvement just from the info in the free webinar Sarah did beforehand. It helped me realize how I've been wrecking my hormones and health for years with extreme

diets, and started me down a better path. Now inside Blueprint, it has been amazing to have Sarah and Becky collaborate on a personalized plan just for me and to have them there to answer questions and help me troubleshoot whenever I need it.  Everything they've suggested has worked into my regular routine without a lot of fuss, and I love having the live calls, recorded lessons, prep talks, and the community to help keep me motivated. I am so grateful, and I can't wait to see how I continue to reach my goals in the coming weeks!

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Brittany D.

I just completed The Bio Individual Blueprint. I cannot say enough good things about this program. I loved having specific macros assigned to me to hit and they gave me meal ideas and recipes given the season that we are in. These additions made it super easy being a working mom to follow the program. I am currently 6 lbs down and feel my energy/mood is in a much better space. I loved Becky and Sarah's combined knowledge they will give you a wealth of knowledge that you cannot access anywhere else. I cannot wait to continue to see the results moving forward. I am thankful these two people exist and for this program. I would recommend this to anyone!

Thanks,
Brittany

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Kimberly Z.

Thank you guys so much! Just signed up for the next 6 weeks. I’m glad I came to my senses and realized stop feeling sorry for yourself your old and have no hope and get it together and lock in with more consistency.  I think I would have really missed the community of calls, lessons and all the questions everyone asks. Sarah your fertility journey is what got me to start doing intention with my morning water. Speaking what I want/need as if it’s happened :-) The fact I have actually asked questions and talked on the live is so unlike me. Thank you for making me feel comfortable. I don't trust people easily and have to feel a connection with people and I feel you are both (Sarah & Becky) so sincere and just appreciate everything.

Kim Zito

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# March 2026 Live Blue Print Testimonials

## Holly T.

I just wanted to express my gratitude for y'all.  I'm so happy to have found both circadian health as well Sarah Kleiner.  I've intuitively felt that something had been missing from my overall health picture.  worked nightshift for my whole career.  Over the years it has become obvious that changes in my routines were needed.  I've looked around for information specific to nightshift work for a long time.  When I listened to the intro to your podcast w/  Courtney Voss...I remember feeling emotional, that I felt truly "heard" for rhe first time.  I definitely feel more confident moving forward, knowing and having the tools I need for improving all aspects of my health.  This is just so empowering.
Thank you both so very much.

--holly

A *huge p.s.  I totally align with your style of style of teaching.  Specific points, and then the overall "zooming out " .  I have always felt so supported.  This has been my first time utilizing any coaching, and feel so blessed to have found you. ❤️❤️

## Victoria K.

I have gone through two rounds of Blueprint, the first time was right after the holidays when I had spiraled into a dark place and was rapidly losing hope and faith in myself, and in life. Blueprint was a lifeline for me and absolutely transformed my whole being. I have come out the other side looking and feeling like a different person.  Sarah and Becky are incredibly compassionate, knowledgeable guides, and straight talkers.  My individual plan gave me a clear and realistic path to eating, hydration, and circadian practices~ I actually shed pounds while eating more. I had no idea I was under eating and this was contributing to my body holding onto weight.  The group members were so encouraging, I loved being in this community. Can’t recommend it enough. So grateful.

Victoria

## Shimkiri S.

I can't say enough good things about the Blueprint program. It's been really hard to write this because there have been so many positive aspects to reflect on. I am a busy homeschooling mom of 3 kids who is already on the organic, natural products, "let's get outside" train and I had been learning about some circadinan and quantum biology for a while via podcasts etc., however I had such a hard time applying those changes. I was feeling extremely tired, out of energy, basically severely depleted and only managing the day to day without the headspace or life force to make positive changes. Blueprint has given me actionable, sustainable steps towards living the life that I want to live by breaking down all of the quantum biology information with the wisdom of how to apply it for my personal situation, in a supportive group setting. Sarah and Becky and real people who live real lives and, out of that experience and wisdom, are able to tailor their recommencations and advice in a very meaningful way. Their individualized plan made me feel seen and the actions that they recommended for me have given me the energy to start making the changes that I want to see. I have years, decades even, of disregulation to undo, but now I know that I will be able to set my health on the right path. These 6 weeks have turned the tide and I look forward to continuing the transformation. -SF

Sita S.

If you're thinking about doing Sarah's Blueprint Program. DO IT! Do not hesitate. This program exceeded my expectations. I lost 25 pounds in 6 weeks, I anchored habits that brought more energy and motivation into my life. This program is not a reach your goal and your done. It's a way of life that supports your entire being. Once you start living in sync with nature and your bio individual blueprint, your life changes and there is no going back. I'm so grateful for the program Sarah has created. She is a beautiful, caring and compassionate soul who wants to help you, genuinely from the bottom of her heart. The program format is educational, supportive and set up to help you succeed. This is the best decision I've made in years in terms of my wellbeing. Thank you Sarah & Becky.

Lynette L.

As a practitioner in the metabolic health space for the past 5 years, I genuinely thought I had a pretty solid understanding of nutrition and metabolism. But like a lot of people in this field, I fell into the mindset of “keto harder, fast harder, supplement harder” whenever my body stopped responding the way I wanted it to.

Finding Sarah Kleiner’s work has connected so many dots for me.

After taking several of her courses, especially the Bioindividual Blueprint, I started looking at metabolism through a completely different lens. The conversations around leptin, sunlight, circadian rhythm, macro individuality, carbs, nervous system regulation, and the potential long-term issues with chronic low-carb dieting were honestly eye-opening.
What I love most is that her approach isn't dogmatic. It's not about one perfect diet for everyone. It's about understanding the person in front of you (and yourself) and what their body actually needs.

It's made me a better practitioner and has helped me approach both my own health and my clients with a lot more nuance instead of just pushing harder all the time.
I'm really grateful I found her work not only for my own health journey but for my clients.
-Lynette

### Suzanne S.

Walking through two Blueprints as a practitioner has deepened my understanding of how the body truly heals and repairs. The process isn't always linear, and this experience has given me a more realistic and practical perspective.

Both Sarah and Becky bring a wealth of knowledge, and their personal healing journeys are a powerful testament to the work they do. They've been incredibly encouraging—not just to me, but to everyone in the groups.

There's a strong sense of community, along with an abundance of valuable resources they generously share. More importantly, you walk away with practical tools that equip you to continue living a healthy, sustainable lifestyle long after the program ends.

Thanks!
Sue

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## May 2026 Live Blue Print Testimonials

### Patricia R.

Great to have joined Blueprint! I have adopted some very good habits re light and circadian health and understand in greater depth what I need to do to improve my energy as I didn't join for weight loss but to improve chronic fatigue. After 6 weeks, I have lots more to apply to really

put the full programme into practice but now have a solid grounding to continue in my own time. Definitely well worth joining ...highly recommend ..Thank you Sarah and her Co Coach Becky for putting Blueprint out there.

Cheryl E.

I'm astounded by the changes I've seen in my health since I started the Blueprint Program. Energy, libido, sleep, and mental focus have all noticeably improved. Nervous system regulation continues to be my biggest challenge, but my individual Blueprint has given me the tools to make progress with this. Historically, whenever I refocused on my health, I'd do well for two weeks and then crash. I'd summon up the energy to start again a few months later, and then I'd crash again. I did this over and over again for years. It also happened during the beginning of the Blueprint Program, but this time was different. Not only did I have the tools to realign myself fairly quickly, I had the awareness. My body is now incredibly vocal (almost annoyingly so, haha) about what doesn't feel good, whether that's a late bedtime or a food that doesn't nourish me or overbooking my schedule. I'm thankful for this program.

Heather G.

I have been following Sarah's work for about a year now and I'm so glad I decided to participate in the Bio-Individual Blueprint LIVE program. Having the opportunity to talk with Sarah (and her colleague, Becky) in depth about circadian rhythm, nutrition, and adopting a healthy lifestyle during the weekly group call was priceless. The personalized approach they took to provide us each with an individual "blueprint" to follow as we began our own journey towards health and wellness was so helpful and something I will be able to utilize moving forward. I have been implementing the principles now for five weeks and have noticed a significant improvement in my overall health both physically and mentally and I look forward to seeing more results as I continue on. If you've been confused or curious about circadian health or anything Sarah shares on her accounts, I highly recommend signing up for this program. It's worth it!

Natalie J.

I would highly recommend investing in the SKW Blueprint program. I felt almost hopeless (for years) dealing with postpartum thyroid and perimenopause issues even after trying so many other remedies and coaching programs. This program goes well beyond nutrition and exercise. Sarah and Becky are a wealth of knowledge and helped troubleshoot anything that came up along the way. I am so happy with the improvements in my sleep. I haven't felt tired before 10 pm or had a solid night sleep in years. I've also decreased my symptoms score by 100 points. I plan to do another round!

Anna D.

I’d highly recommend the blueprint! Sarah and Becky are so trustworthy and knowledgeable and I honestly don’t know anyone I trust more to coach me on my health journey. They are both a wealth of knowledge and it’s so helpful to be able to pick their brains about my specific symptoms. I plan to join the next round of blueprint because I really believe it’s the best track to be on when you’re trying to make sense of what’s happening in your body.

Ruvi S.

After going through the Blueprint with Sarah, I'm naturally waking up earlier without an alarm, I'm down 7 lbs and I have a much better understanding of circadian rhythms, light and sun exposure.

Dale B.

Wherever you are on your health journey, there's something for everyone in the Blueprint program!

While recovering from chemotherapy, I was looking for ways to support my healing and regain a sense of structure. The Blueprint program with Sarah and Becky provided exactly that. It helped me organize my day around circadian principles such as light exposure, hydration, nourishing food, sleep, and grounding—simple yet powerful practices!!

Sarah and Becky are knowledgeable, compassionate, and deeply committed to supporting each participant. Their guidance, and genuine care created an environment where I felt encouraged and informed.

The program was a wonderful experience and a valuable investment in my health. I finished the program with tools and a path forward for continuing my wellness journey.💗

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## June 2026 Live Blue Print Testimonials

Lynette L.

I'm on my second round of the Blueprint program, and it's given me something more valuable than a fast number on the scale: permission to release the tight grip I've had on my own body... permission to release the tight grip I've had on my own body. My struggle has never looked like someone losing forty or sixty pounds, mine has usually been ten to fifteen, but it's been lifelong, going back to seventh grade. The number was never really the point, the struggle was.

Sarah and Becky have taught me to work with my physiology instead of forcing it. Even practitioners need practitioners, a lot of the advice I give my own clients, I wasn't fully following myself. This program has taught me to trust the process instead of gripping control.

As a Nutritional Therapy Practitioner myself, that's exactly the guidance I want for my clients, and it's why I keep coming back. Sarah and Becky have stayed patient and real with me the whole way. I consider them mentors, not just for my own health, but for how I want to show up for my clients too.

Stephanie T.

I'm currently sitting in the sunset looking over the Irish Sea as I eat my dinner—that includes chocolate and fruit! I have had so many health issues in my life, culminating in me doing a carnivore diet for 9 months. Though carnivore was great in a lot of ways, I began to have weight loss resistance, low thyroid, and issues with food intolerance, even on carnivore. I got stuck and needed some help to figure out what to do next.

Sarah and Becky were super helpful helping me add back in carbs very slowly, along with many other things in my detailed program. I have reactive hypoglycemia so it's very tricky but I was able to add the carbs without major issues!

I've been learning a ton about circadian health, nervous system, and water health. I'm trying to improve my fertility so I'm on a long road ahead, but I've already made a lot of progress in 7 weeks. I'd definitely recommend Sarah's Blueprint group if you're stuck with your health journey!

Nessa L.

Blueprint was such a beautiful and transformative experience for me. I've been in Sarah's world since 2021 and have purchased many of her programs over the years, but what really sets Blueprint apart is the incredible amount of personal support you receive.

Having two calls every week with two amazing, knowledgeable coaches was one of my favorite parts of the program. Their support, guidance, and encouragement — along with the support of the other women in the group — made the whole experience feel so personal and supportive.

The results have also been incredible. I've lost over 10 pounds, improved my sleep and mood, and significantly lowered my inflammation. I also struggled with horrible seasonal allergies, and after implementing some of the recommendations from the program, so many of my symptoms improved.

I had been thinking about joining Blueprint for a few rounds before finally saying yes, and I'm so glad I did. In fact, I'm signing up for the next round because I want to keep the momentum going and continue building on everything I've accomplished.

Such a beautiful program and community, and I'm so grateful I finally decided to join. 💕

Susan R.

I thoroughly enjoyed my two rounds of Blueprint during the summer months. I highly recommend this program. The community vibe is amazing. Everyone is so supportive & uplifting. The weekly calls are fantastic. I learn so much each time. Sarah & Becky are gems & always available should you have questions about your plan or need something tweaked. I appreciated how customized my plan was. Obviously, my physical goals were addressed but they also touched on the mental/central nervous system component. As the parent of a disabled child, this was probably the most important piece to dial in. I plan to do another round in the winter!

Alison M.

I'm so glad that I chose to sign up for this round of Blueprint! It has helped me immensely, and I feel fantastic! I was honestly a bit hesitant to sign up, because I felt bad spending so much money on myself. Thankfully, my husband told me to just go for it, and I'm so happy I did!!

I was feeling SO terrible prior to starting. My energy was low, my hormones were out of balance, I was bloated throughout the day, and waking often at night feeling uncharacteristically anxious. I was doing my best to take care of myself, but something was seriously off!
As soon as I began working with Sarah and Becky, I noticed changes almost immediately The plan that they created for me was so gentle and loving. With their guidance, it was so easy to implement subtle shifts and changes throughout the day. I also learned so much from the other women in my group. Their questions and insights helped me so much on my journey.

My sleep quality has improved dramatically and my fretful nighttime wakings have stopped completely. My energy has returned and so has my JOY! I'm able to wake at sunrise, take care of my children, soak in time on the beach, enjoy my meals, sleep soundly, and feel good in my body again!!

Thank you so much Sarah & Becky! I cannot say enough good things about the amazing work you're doing!!!

I truly mean all of this, ladies! Thank you from the bottom of my heart!! So incredibly grateful for y'all!

Connie B.

The Bio-Individual BluePrint's eight week class was a gold star experience! Sarah and Becky's knowledge, expertise, kindness and encouragement were top tier level!! I was surprised to be given instructions on how to rest and recover, allowing my body to adjust and receive a new rhythm. It is a journey, but I adored our group and learned so much from one another every step of the way. The questions/answers and sharing were amazing. Also enjoyed the extra little "pep talks" each week.

What a bonus!

Thank you, Sarah! Thank you, Becky!

Jana G.

I can't recommend the Bio Blueprint Cohort with Sarah and Becky enough. It was one of the most impactful health experiences I've ever had.

The focus on circadian rhythm and living in alignment with how our bodies are actually designed to function completely changed the way I think about health. We covered so much more than just sleep—it was an incredible deep dive into light, food, movement, stress, hormones, nervous system regulation, and how all of these pieces work together to help our bodies heal.

What made this cohort truly exceptional was Sarah and Becky themselves. In a world where so many health programs feel rushed, cookie-cutter, and corporate, this felt incredibly personal. They took the time to answer every question, no matter how big or small, and made sure every

single person received individualized attention. I never felt like I was just another participant. They genuinely cared about each of us and met us where we were.

The amount of knowledge they shared was absolutely mind-blowing, but even more importantly, it was practical. I left each session feeling inspired and equipped with simple changes I could actually implement.

The results have honestly amazed me. In just a few weeks, many of the symptoms I'd been dealing with have dramatically improved or completely disappeared. The most profound change has been in my mental health. I didn't realize how much better I could feel until I experienced it myself. The difference has been life-changing.

If you're looking for a program that is rooted in science, filled with compassion, and taught by two people who truly want to help others heal, this is it. Sarah and Becky have created something incredibly special, and I'm so grateful I said yes to this journey.