

AIP 6 Month Program

General Coaching Notes
(Email / Phone Correspondence)

Supplement Protocol:

<https://wellnesscurriculum.s3.amazonaws.com/RH+60+Day+AIP+Supplement+Protocol.pdf>

Please note 4 canisters of the OptiCleanse GHI are used during the 28 day detox

Welcome Call ~3 Days after Registration

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check start date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DIETARY TRANSITIONS

- **Days 1-7**
Sugar, artificial sweeteners, fruit juice, corn, gluten, and caffeine
- **Days 8-14**
Dairy, soy, alcohol, white potatoes, all grains
- **Days 15-21 (Start of Detox)**
Eggs, nightshades, legumes (green beans are ok, but no peanuts), most fruit (limited berries), nuts and seeds

DISCUSS EACH ITEM:

- Welcome them to their program and introduce yourself
- Explain how the coaching calls will work, specifically scheduling appointments with our team
- How to reach us- *email best, esp. on wknds. Calls returned in 24 hrs. Don't call doctor for program ?s.*
- Discuss how to check FAQs and search for questions

- Make sure they received their login credentials

ADDITIONAL NOTES:

1st Coaching Call ~DAY 4

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check start date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DIETARY TRANSITIONS

- **Days 1-7**
Sugar, artificial sweeteners, fruit juice, corn, gluten, and caffeine
- **Days 8-14**
Dairy, soy, alcohol, white potatoes, all grains
- **Days 15-21 (Start of Detox)**
Eggs, nightshades, legumes (green beans are ok, but no peanuts), most fruit (limited berries), nuts and seeds

DISCUSS EACH ITEM:

- If they haven't logged in: do you know how to login and watch the videos?
- Reminder that they must watch class video to completion to advance. Also fill out all reports. (Mark As Complete button)
- Do you have any questions about the dietary transitions? Struggling with any of them?
- Do you have any questions about the supps? Is it clear what to take? Any reactions or issues?
- Specifically make sure that they are using the correct MedPax (Gut Repair or Box #1) and not the 2nd box
- Make sure they review our recipes & meal plans (add'l res.), and dining out guide (initial tips & ptrs.)
- Remind them to start Starter Plan exercises; remind them of demo video in Add'l Resources
- Review how to check FAQs and search for questions
- How to reach us- *email best, esp. on wknds. Calls returned in 24 hrs.*
- Discuss their thoughts on **Hungry for Change** documentary if they watched it

ADDITIONAL NOTES:

2nd Coaching Call ~DAY 14

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DIETARY TRANSITIONS

- **Days 1-7**
Sugar, artificial sweeteners, fruit juice, corn, gluten, and caffeine
- **Days 8-14**
Dairy, soy, alcohol, white potatoes, all grains
- **Days 15-21 (Start of Detox)**
Eggs, nightshades, legumes (green beans are ok, but no peanuts), most fruit (limited berries), nuts and seeds

DISCUSS EACH ITEM:

- Are you finished with first two dietary transitions? Have you started 3rd transitions?
- How are you feeling about your progress? How is your mindset as you start week 3?
- **Discuss detox as it will begin on day 15.**
 - OptiCleanse GHI (28 day detox)
 - Continue remaining ProBioMax Plus DF and MedPax Box #1
 - IG 26 Plus DF will end on Day 15
 - Remind them about detox shake recipes
- Have you done any starter plan exercises? What can you commit to trying this week?
- Any general program questions for us - anything confusing or unclear at this point?

ADDITIONAL NOTES:

3rd Coaching Call ~DAY 30

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DIETARY TRANSITIONS

- **Days 1-7**
Sugar, artificial sweeteners, fruit juice, corn, gluten, and caffeine
- **Days 8-14**
Dairy, soy, alcohol, white potatoes, all grains
- **Days 15-21 (Start of Detox)**
Eggs, nightshades, legumes (green beans are ok, but no peanuts), most fruit (limited berries), nuts and seeds

DISCUSS EACH ITEM:

- How is detox going? *remember, normal to have rough patch before improvement as toxins flushed; drink extra water!*
- Make sure you take a look at the detox recipes and meal plans that can be found in the additional resources section of your portal, along with detox shake recipes
- Make sure they are completely done with days 1-30 supps and ready to move on to:
 - "Detox Support" MedPax (Box #2)
 - Probiomax Sb Df
- Remember to use 2 full scoops to make each shake.
- Have you done any starter plan exercises? What can you commit to trying this week?
- Any general program questions for us - anything confusing or unclear at this point?
- Discuss **Food Inc** documentary and their thoughts (If they have not watched it, encourage them to schedule time for it as it is very impactful to reinforce the changes they are making)

ADDITIONAL NOTES:

4th Coaching Call ~DAY 44

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DIETARY TRANSITIONS

- **Days 1-7**
Sugar, artificial sweeteners, fruit juice, corn, gluten, and caffeine
- **Days 8-14**
Dairy, soy, alcohol, white potatoes, all grains
- **Days 15-21 (Start of Detox)**
Eggs, nightshades, legumes (green beans are ok, but no peanuts), most fruit (limited berries), nuts and seeds

DISCUSS EACH ITEM:

- How did the detox go? Any remaining shake mix or questions from detox?
- Discuss food reintroduction - what do you want to introduce? Reminder not to go back to old lifestyle.
- Is there an appt scheduled with practitioner or coach to discuss reintroduction or is this call serving the purpose of discussing food reintroductions?
- Follow-up on starter plan exercises from last call. What kept you from doing them if not done?
- Any questions on finishing up supplements - shakes or MedPax?
- Any general program questions for us - anything confusing or unclear at this point?
- Discuss **That Sugar Film** documentary (they do not get the notice for this until day 47, so if call takes place before then, give them a heads up they will get a notice to watch it and encourage them to schedule watching it, as it has a powerful message for long-term nutrition after the detox (Which of the four movies has impacted you the most?))

ADDITIONAL NOTES:

5th Coaching Call ~DAY 60

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Check-in to see how they are doing in general
- Review how food reintroduction went - any questions? Any reactions to specific foods?
- Discuss the need to finish all supplements completely, including leftover shakes or MedPax
- Should be starting on 3rd MedPax at this point, maintenance supplements
- Discussion on Exercise Ramp Up unit and the importance of Exercise
- What benefits have you seen doing this program (i.e., weight loss, energy level, symptoms improved)
- Make sure they know the next step with their doctor and remainder of their program
- If on a 60 day program, include items below
- ***Encourage them to continue with the education and give a preview of the next 4 months so they will be excited about the information coming and stay engaged!

IF A 60 DAY PROGRAM:

- Ask for quick feedback on program material, value, communication, & coaching; three things excellent, three things that need improvement
- If positive experience, ask for a review on Facebook and Google, etc.
- Do we have a written or possibly video testimonial?
- Thank them EXTENSIVELY for working with us!

ADDITIONAL NOTES:

6th Coaching Call ~DAY 70

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review how food reintroduction is going, they should be just about finished with it at this point
- What is the practice member's goal moving forward, lose weight, gain weight, build muscle, or maintain?
- Review building a long-term nutrition plan and specifically what the practice member's plan will look like moving forward based on their goal
- Planning Ahead, avoid processed foods, avoid skipping meals, etc..
- Review how to enjoy your food
- Discuss what to do when cravings hit
- Discuss Exception vs. Moderation
- Discuss Spices & recipes
- Any questions on Supplements?

ADDITIONAL NOTES:

7th Coaching Call ~DAY 90

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review Carbs, Proteins, & Fats
- Types of each we should be eating
- Have they been implementing their long-term nutrition plan? Any stumbling blocks?
- Review best types of water sources (fluoride & chlorine free, whole house filtration system, purified bottled water, Zero water pitcher)
- Review long-term supplements
- If on a 6 month program: Encourage them to continue with the education and give a preview of the next 3 months so they will be excited about the information coming and stay engaged!
- If on a 3 month program, include items below

IF A 3 MONTH PROGRAM:

- Ask for quick feedback on program material, value, communication, & coaching; three things excellent, three things that need improvement
- If positive experience, ask for a review on Facebook and Google, etc.
- Do we have a written or possibly video testimonial?
- Thank them EXTENSIVELY for working with us!

ADDITIONAL NOTES:

8th Coaching Call ~DAY 115

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review the importance of balanced hormones
- Is the practice member experiencing any signs or symptoms of unbalanced hormones? If so, they may need further testing in office.
- Review any major stresses still occurring in the practice members life. Anything we can do to help alleviate some of the stress or advice we can give them?
- Abdominal breathing and meditation
- How is exercise going? They should be utilizing the HIIT program for both weights and cardio.
- If they are not exercising, how can we encourage them to do so?
- Any questions on supplements?

ADDITIONAL NOTES:

9th Coaching Call ~DAY 135

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review the importance of the nervous system
- Any modalities the patient wants to try? (chiropractic care, acupuncture, etc..)
- How is the patients mindset?
- How is the long-term nutrition plan going?
- Any questions on supplements?

ADDITIONAL NOTES:

10th Coaching Call ~DAY 155

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review EWG.org. Have they had a chance to utilize the site yet? Have they used the EWG app yet? If not, encourage them to do so
- What is their plan for replacing harmful cookware and cleaning products?
- What water source will they be using moving forward?
- How is exercise going?
- Any stumbling blocks they may be running into as they continue this lifestyle change?
- Any questions on supplements?

ADDITIONAL NOTES:

11th Coaching Call ~DAY 180

DATE:

TIME:

COACH:

PROGRAM DAY:

BEFORE CALL

- View detailed patient progress - check program date and current progress
Is patient up to date at time of this call?
 - Yes
 - No - Needs to finish:
- Review any progress reports
- Check patient coaching notes

DISCUSS EACH ITEM:

- Review importance of replacing harmful personal hygiene products
- Review importance of the sun and Vitamin D, but also proper types of sunscreen
- Any other questions they have or any area where they feel they need more information on?
- Ask for quick feedback on program material, value, communication, & coaching; three things excellent, three things that need improvement
- If positive experience, ask for a review on Facebook and Google, etc.
- Do we have a written or possibly video testimonial?
- Thank them EXTENSIVELY for working with us!

ADDITIONAL NOTES: