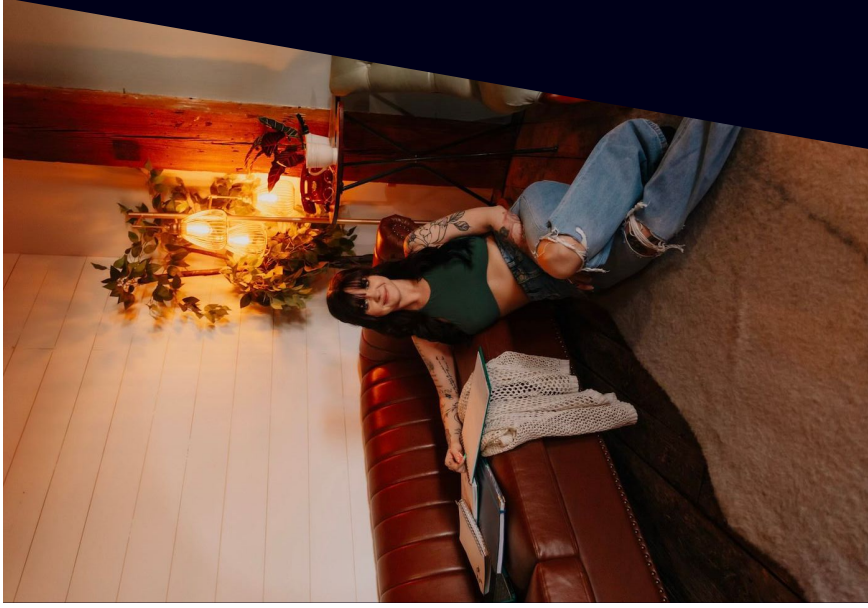




The Anti-Burnout Blueprint

5 Shifts To Make Your Body Respond Again
(Without Eating Less or Training More)

- 📖 This training shows busy, hormone-burned-out moms the 5 exact shifts that stop the 'on/off' cycle, calm your nervous system, and get your body responding again — without another challenge, detox, or macro reset.

ME FIRST COACHING

This Is For You If...

You've "Done It All" — And Your Body Stopped Responding

Macros, challenges, OrangeTheory, Peloton, low-carb. You've tried everything, and yet your body barely moves the needle anymore.

You're Stuck in the On/Off Loop

A few weeks "all in," then a crash into takeout, wine, and skipped workouts. Followed by guilt. Then another challenge. Repeat.

You Feel It But Your Labs Say "Normal"

Puffy. Tired. Wired at night, flat in the morning. Your doctor says you're fine — but you *know* your hormones and metabolism are not okay.

You Want a System, Not Another Punishment

You don't need motivation. You need structure that doesn't destroy you — something that actually works with your life, not against it.

This Is *Not* For You If...

You Want a 1,200-Calorie Plan

If you're here for a 30-day shred or another extreme challenge, this isn't that — and it never will be.

You Won't Fuel More or Sleep More

This method asks you to eat more strategically, prioritize rest, and track symptoms — not cut harder.

You Think "Try Harder" Is the Answer

If you still believe the same approach just needs more willpower, you're not ready for what we're about to teach.

What You'll Walk Away With Today

This isn't a surface-level overview. This is a real teaching — depth over fluff, always.

1

One Big Perspective Shift

"I'm not broken. I'm burned out." That single reframe changes everything.

2

The 5 Key Shifts

The exact levers that make your body feel safe enough to respond again — no restriction required.

3

One Tangible Tool

The **Daily Check-In Cheat Sheet** — a 2-minute daily habit you can start using tonight.



"If you've been eating less, training harder, and your body is only getting more tired, more puffy, and more resistant — this is for you."

You're not lazy. You're not broken.

You're burned out, under-fed, and over-stressed — and **no one** has actually taught **you how to fix that.** Until now.

THIS CHANGES TODAY.





Me First Coaching

Why I Care About This

I've seen it — and I've lived it. The woman who checks every box, follows every plan, and still can't figure out why her body won't budge. She's not failing the plan. **The plan is failing her.**

Me First was built on one unshakeable belief:

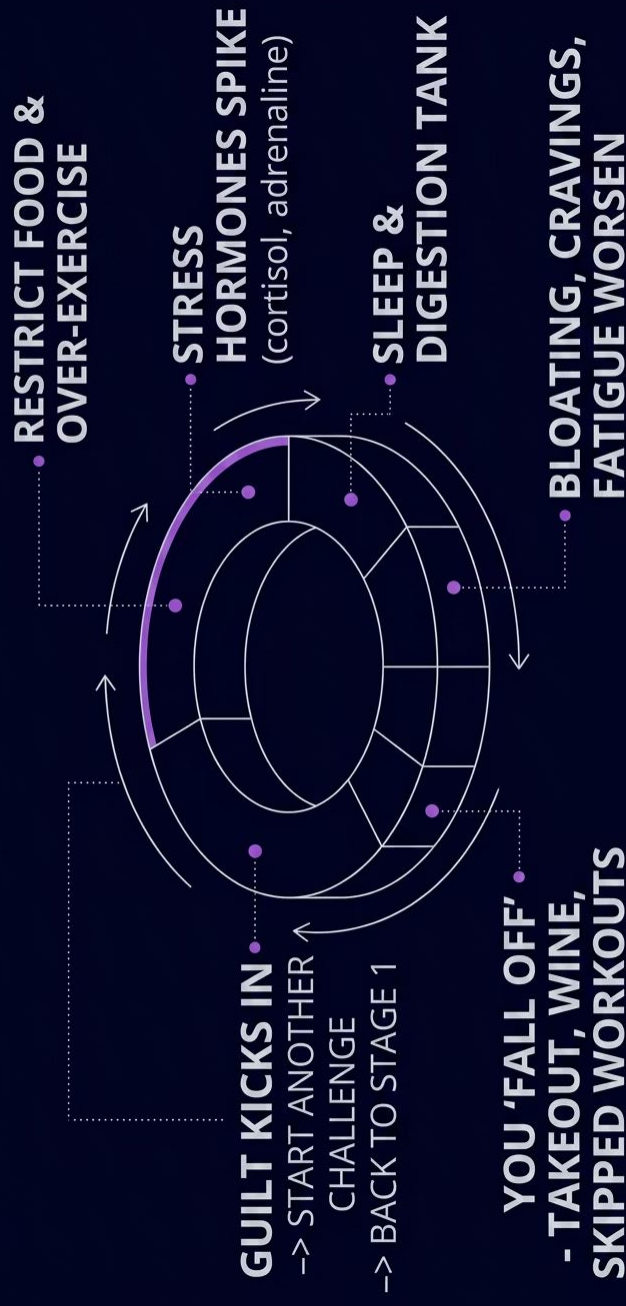
"You cannot heal a body you are constantly punishing."

Choosing yourself first isn't selfish. It's the only strategy that has ever actually worked.

The Root Problem

The Burnout Metabolism Loop

This is the cycle your body is trapped in — and why nothing is working despite all your effort.



⚠ Your body isn't ignoring your efforts. It's **protecting you** from what it perceives as a constant threat. Of course you're inconsistent — your body is exhausted.

Strategic Fueling

✗ What You're Doing Now

- Skipping breakfast or grabbing coffee and nothing else
- Tiny lunches, "saving calories" for night
- Living on caffeine and willpower until you crash

✓ The Shift

- Anchor every meal around **protein first**
- Eat carbohydrates earlier in the day
- Breakfast is non-negotiable, no matter how busy

ⓘ **Why it works:** Blood sugar stability → more stable cortisol → fewer cravings → better hormone function. The first thing we fix is always under-fueling.

Nervous-System-Aware Training

❌ What You're Doing Now

- Hitting whatever class fits in the schedule
- Piling HIIT and cardio onto an already maxed-out nervous system
- Confusing exhaustion with a good workout

✅ The Shift

- **3-4 days of strength training** — intentional, programmed
- 1-2 movement days: walks, yoga, mobility
- At least one true, unapologetic rest day

📌 **Why it works:** Chronic intensity drives stress hormones up. Strength training + real recovery improves metabolic health without punishing your system. You don't need more chaos — you need *programmed* stress.

Non-Negotiable Minimums

❌ What You're Doing Now

- Either tracking every macro obsessively — or not even drinking water
- All-in until life gets hard, then completely disappearing
- Treating "imperfect" as the same as "failed"

✅ The Shift

- Pick **3 non-negotiables** you hit even in your most chaotic weeks
- Examples: hydration, protein at 2 meals, a 10–15 min walk
- Show up for yourself consistently — even if it's small

🕒 **Why it works:** Your body starts to *trust you*. When you stop abandoning yourself every time life gets messy, your nervous system finally feels safe enough to let go.

Track Biofeedback — Not Just the Scale

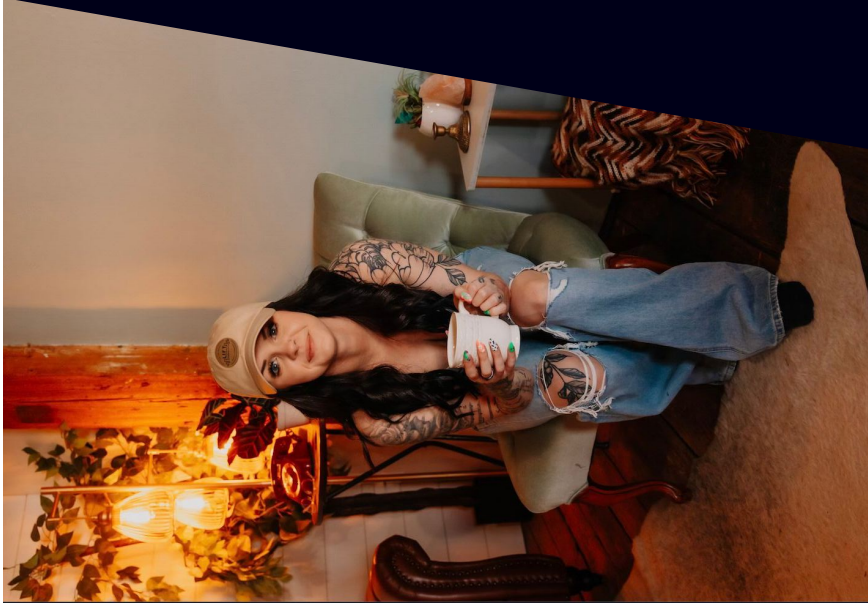
✗ What You're Doing Now

- Only paying attention when you hate your reflection
- Ignoring signals until they become symptoms
- Measuring success only by the number on the scale

✓ The Shift

- Daily **2-minute check-in**: energy, sleep, digestion, mood, cravings, cycle symptoms
- Use the data to course-correct *before* a full crash
- Learn to read your body's language fluently

ⓘ **Why it works:** Hormones are a conversation. Biofeedback is how you listen — and respond — before things spiral into crisis. Introducing: the **Me First Daily Check-In PDF**.



☆ SHIFT 5 OF 5

Me-First Identity

✗ What You're Doing Now

- Only showing up when you hate your reflection or your jeans don't fit
- Using shame and self-disgust as fuel — until you burn out again

✓ The Shift

- Decide: "I **don't only take care of myself in crisis.**"
- Build habits that match *who you want to be* — not just how you want to look
- Make your identity the foundation, not the reward

- ☑ **Why it works:** Nervous system regulation requires *safety*, not self-attack. This is the identity shift that makes every other shift stick.

This Isn't Theory

"I went from 1,200 calories and 6 workouts a week to actually fueling up and training 3-4 days — and **finally started dropping inches while getting my sex drive back for the first time in years.**"

"I was 'on a diet' for a years. Within 6 weeks of applying these 5 shifts, I stopped the on/off cycle, my sleep improved, and I felt **like myself again** — not a smaller, punished version of me"

These are real women who stopped doing more — and started doing **smarter.**



What This Training Can (and Can't) Do

✓ What This CAN Do

- Give you a full awareness of why your body isn't responding
- Hand you the 5 exact shifts to start breaking the cycle
- Equip you with the Daily Check-In tool to start *tonight*
- Begin dismantling the on/off burnout pattern

✗ What This CAN'T Do

- Fully rebuild your metabolism, hormones, and training plan while you're working, momming, and living — alone
- Replace personalized implementation and accountability
- Do the deep repair work your body actually needs long-term

This is the door. Walking through it — with real support — is what changes everything.

What Happens If Nothing Changes?

- **Another 6-Week Sprint. Another Crash.**
Same strategy, same result — and deeper exhaustion every single time.
- **Your Body Trusts You Less Each Time**
Every time you abandon the plan mid-way, your nervous system learns to brace for it. Safety becomes harder to find.
- **Burnout Deepens in Your 30s and 40s**
The longer this pattern repeats, the harder hormone balance, metabolic repair, and energy restoration become. The cost is not just physical — it's your quality of life.



From Awareness to Implementation

You've Seen the Map — Now You Need a Guide

This Free Training

- Awareness of the burnout loop
- The 5 shifts explained
- The Daily Check-In tool to start immediately
- First steps you can take tonight

The 12-Week Me First Method

- Personalized implementation — built *for your body*
- Ongoing weekly support so you stop abandoning yourself
- Real accountability when life gets hard
- A system for sustainable fat loss and energy — for good

📅 If you're sitting here thinking — *I know I can't white-knuckle this alone again* — that's exactly why I built the 12-Week Healthy x Balance Program



Inside the 12-Week Healthy x Balance Program



Training Program

Programmed strength and recovery that respects your nervous system — not punishes it.



Hormone-Friendly Nutrition

A gut- and hormone-supportive plan that actually fuels you — not another restriction protocol.



Weekly Coaching

So when life gets hard — and it will — you stop disappearing. You have someone in your corner.



Built for the Done-Gambling Mom

For the woman who wants sustainable fat loss, real energy, and to feel like *herself* again.



If You're Deeper in Burnout...

The 1:1 option is for women who need high-touch, personalized support — not a group program.

- Severe hormonal burnout with labs involved
- Period irregularities or loss
- Chronic gut issues and digestive disruption
- Zero energy — functioning on empty

☐ Mention "1:1" on your application if this sounds like you. Small number of spots. Deep, long-term repair work.

Your Next Step

Ready? Here's Exactly What to Do.

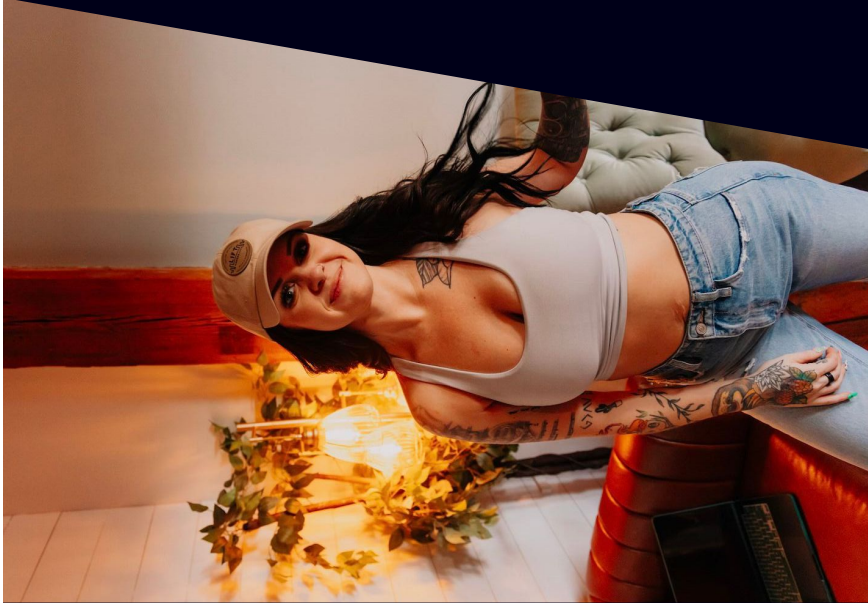
Option A — Apply for the 12-Week

Click the "book a call" tab on the left column. Tell me you came from the **Anti-Burnout Blueprint** — I want to know you were here.

Option B — DM Me on Instagram

Not sure which level of support you need? DM me the word **BLUEPRINT** on Instagram. I'll ask a few questions and guide you to the right fit — no pressure, no pitch.

Both paths start the same way: **you deciding you're done doing this alone.**



"You don't need more discipline."

You need a system that helps your body feel
safe enough to respond again.

ME FIRST COACHING