

roadmap

recommended pace of module completion

Mindset

month
1

Intro, Intuitive Eating 101, Starting with Why, Goal Setting, Core Values, Breakup With Dieting, Signs of Restriction, Remove Food Rules/Habituation, Challenge the Food Police, and Reframing Thoughts.

Listen to Your Body

month
2

Setpoint Weight Theory, Body Image Triggers, Challenging Core Beliefs, Weight Loss Pursuit Cost/Benefit, Molly Kate Wellness Body Image Bonus, Hunger/Fullness Hormones, Hunger/Fullness Scale, Identify Why You Eat Past Fullness, Listening to your WHOLE body.

External Health Values (Mental and Physical)

month
3

Emotional Coping, Creating an Emotional Toolbox, Managing Comments From Others, What is Health, Gentle Nutritional, Mindful Movement, How to Maintain Food Freedom, Managing Diet Culture in the World.

Take your time, but prioritize consistency with the course content!
This is not a race and you can continue after month 3 if you need more time to complete the modules.

You will receive any and all updates to the modules as they are created.