




1:1 HEALTH COACHING PROGRAM

Feel Good Before 40

*For women 35–39 who are ready to truly feel at home
in their body — before everything shifts.*

 **4 x 60-Min 1:1 Video Calls**
Personal sessions via Zoom, just for you

 **WhatsApp Support**
By your side Monday to Friday

 **Food Diary Analysis**
Your personal 7-day nutrition review

 **Nutrition Recommendations**
Made for your body & your life

 **Personal Movement Plan**
What your body needs right now

 **Feel Good Action Plan**
Your sustainable lifestyle roadmap

397 €

4 weeks · fully personalized
Payment in 2 installments available

 EMAIL ME OR DM ME ON INSTAGRAM FOR YOUR FREE CALL

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