


Weight Loss Coach Online Peri: X

https://www.joincalibrate.com/ip/curriculum-and-coaching

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## ACCOUNTABILITY COACHING TO KEEP YOU ON TRACK

Our one-year curriculum—combining lessons, goals, and video coaching sessions—provides evidence-based intensive lifestyle intervention to help you reset your metabolic system and take control of your weight. We designed the curriculum with our [Expert Council and Clinical Advisory Board](#), integrating the science and strategies that lead to sustainable results.

"The Calibrate program is built on decades of research that shows incremental habit change through intensive lifestyle intervention in combination with medication that works on underlying biology is the most effective approach for sustained weight loss and improved metabolic health."

**Kim Brink, M.D.**  
Chief Medical Officer


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## TINY TWEAKS ADD UP TO REAL RESULTS.

Online lessons will teach you how to make small tweaks to your food, exercise, sleep, and emotional health habits. You'll gain confidence implementing these steps by setting goals with your coaching team and tracking your progress in the Calibrate app. Over time, these gradual changes add up to clinically-proven, sustainable, and impactful new behaviors.



## YOUR COACHING TEAM KEEPS YOU ACCOUNTABLE.

When you start your Calibrate year, you'll be matched with a coaching team that will keep you accountable to the goals you set. They'll act as your cheerleaders and accountability partners, celebrating your successes and helping you keep your commitments. With their guidance, you'll be empowered to find solutions to challenges and create a new day-to-day that's sustainable and enjoyable.

You'll meet with a coach on your team over 15.

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Your year will be divided into 4 levels that encompass lessons, goals, and coaching sessions—each level building upon the last.

MONTHS 0 TO 3	MONTHS 3 TO 6	MONTHS 6 TO 9
<p><b>Level 1: Learning</b></p> <ul style="list-style-type: none"> <li>Learn and put into practice the foundations of metabolic health.</li> <li>Meet with a member of your coaching team every other week and set bi-weekly goals.</li> <li>Read 1-2 lessons per week to understand and make the changes that will set the groundwork for your metabolic reset.</li> </ul>	<p><b>Level 2: Practicing</b></p> <ul style="list-style-type: none"> <li>Build and solidify the habits that work for you.</li> <li>Meet with a member of your coaching team every other week.</li> <li>Read about 2 lessons per week, covering skills that build on the fundamentals you learned in Level 1. You'll have more flexibility as the curriculum becomes more modular and you can choose "focus classes" in areas of your choice.</li> </ul>	<p><b>Level 3: Setting</b></p> <ul style="list-style-type: none"> <li>Keep refining your habits to fit your day-to-day.</li> <li>Meet with a member of your coaching team every other week.</li> <li>Read about 1 to 2 lessons per week. You'll continue to have flexibility around what pillars to work on and when. You can also still choose "focus classes" that let you double down on specific areas that could use more attention.</li> </ul>

**YOUR MEDICAL TEAM MEASURES YOUR HEALTH PROGRESS.**

While your coaching team will be your accountability partners, your Calibrate medical team will make sure you're on track medically and seeing measurable improvements in your health. After you meet with your Calibrate doctor in a video appointment, you'll have access to the medical team in the Medical Channel and scheduled medical check-ins through the Calibrate app at the 1-month, 3-month, 6-month, and 12-month marks of your year. You'll also get lab work done at the start and again at the end of your year to assess your progress on important health indicators like blood sugar and cholesterol levels.

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**TAKE THE FIRST STEP TODAY**

[PLAN NOW](#)

Starting at \$135/mo with a [\\$5000 deposit](#)

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