



## Bulletproof<sup>©</sup> Coaching Programs



### **Have you considered doing the Bulletproof Diet, or are you a struggling dieter with unanswered questions in need of support?**

Official program of Dave Asprey and the Bulletproof Diet™. Patty Baiano, a certified Bulletproof Coach, offers sessions and packages around the Bulletproof Diet™ and lifestyle.

- Bulletproof Diet™, intermittent fasting, Rapid Fat Loss Protocol
- Supplements
- Mindfulness training
- Cognitive Performance
- Biohacking

In addition to the Bulletproof™ program, clients are offered biohacking around antiaging/beauty, stress management, heart coherence, and biofeedback. We also offer hybrid programs to assist in Executive Coaching, Communication Coaching, and Career Coaching.

## Introduction

I am Patty Baiano, Healthpreneur with over 25 years of professional experience in the health & fitness industry. Certified Bulletproof® Human Potential Coach, Health & Weight Loss Blogger, Biohacker, and Master Pilates Teacher Trainer.

As the founder of numerous health & fitness ventures including *Pilates by the Bay*, in Toms River NJ and *BodyFitSuperstore.com*, a weight loss and wellness marketplace, I've partnered with advanced Medical Groups specializing in metabolic syndrome, and other prescription lifestyle therapies.



With over 9 years of personal and professional with the HCG Diet, I am a qualified expert in helping people overcome weight-loss resistance with the HCG Diet and other supporting therapies.

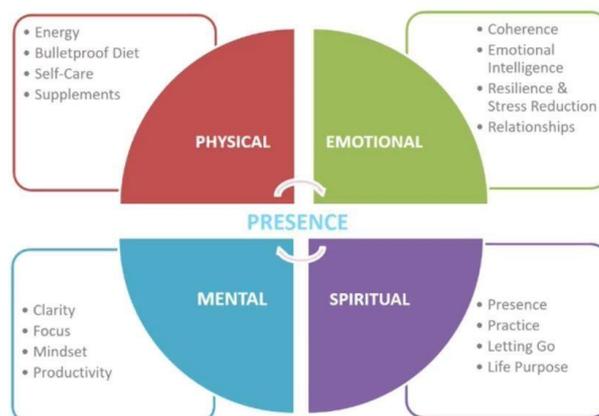
My coaching programs and strategies are still bringing hundreds of people a year complete success. Witnessing the transformations of my coaching clients is one of the most satisfying accomplishments of my life and I am with you 100% through your journey.

## What is Bulletproof Coaching?

Think, "high-performance coaching" but now go one step beyond that. I become your personal guide to creating a remarkably satisfying life.

You'll learn about innovative, science-based information, techniques, tools, processes, and products to maximize potential, enhance energy, perform better, create success and help you become the best version of yourself.

### BULLETPROOF COACHING HIGH PERFORMANCE ROADMAP™



# The Roadmap to Success

The Bulletproof™ roadmap to success facilitates learning, change, and development. The full 11-month program follows a systematic approach in a way that enables clients to realize their potential and achieve their most valued goals:

- **Month 1:** [Bulletproof Diet™](#) a lifestyle more than a way of eating
- **Month 2:** Efficient way to exercise
- **Month 3:** Supplements
- **Month 4:** Sleep – sleep cycle, lucid dreaming, various kinds of sleep disturbances, evidence-based approaches to increase quality and quantity, diet hacks, supplements and technology-based approaches
- **Month 5:** Energy – upgrading mitochondrial health, physical, emotional, psychological, and spiritual sources of energy and power, adrenal health, toxins and energy management tools.
- **Month 6:** Stress + Resilience – strategies using neuroscience and practical tools to build resilience in personal and professional life
- **Month 7:** Coherence Training – how to activate heart's intelligence using science based tools
- **Month 8:** Mindfulness – 8 pillars of mindfulness covering the latest neuroscience and cognitive mechanisms of mindfulness
- **Month 9:** Brain Health – how to train and optimize brain health and cognitive performance
- **Month 10:** Hacking Happiness and positive psychology – application of cutting-edge research-based strategies to impact well-being and performance for clients
- **Month 11:** The psychology of success – strategies, and tools used by the world's most successful people to achieve their goals, and positively impact their performance.

## Modular Coaching Programs

We know that committing to a full 11-month program may be overwhelming, so utilizing a systemized and individualized Bulletproof approach to upgrade your life to your fullest potential we've created coaching programs that utilize the 3 triads of human potential training with a "Presence" based approach at the center of it all:

- **Physical (5-months):** food, activity, sleep, supplements, self-care, energy
- **Emotional (3-months):** Stress reduction, coherence, Emotional Intelligence, relationships
- **Mental & Spiritual (4-months):** Mindfulness, cognitive performance, focus, productivity, values presence, life purpose, inquiry

While the complete program is 11 months, each month is modular and may be coached in triads or independently. However, each module is a prerequisite for the following and may not be coached out of order. (i.e. We can't work on your sleep until you've been coached on your diet.)

## Bulletproof™ Coaching Programs & Pricing

Note: Below costs are for coaching services only and do not include products.

**Discovery and Assessment Session:** One session – Approx. 30minute.

This session is **NOT a commitment** to purchase any products or services. If you are interested in learning more about the Bulletproof plan, or have specific questions about the diet or coaching process, this session is for you. We'll give you an overview of the diet, our coaching programs and answer your questions. **Cost:** FREE

**Plan 1: Bulletproof Diet Overview & Jumpstart:** One – 90 min. session.

### Session Includes:

1. Review and discuss BULLETPROOF COACHING HIGH PERFORMANCE ROADMAP™
2. Identifying and discussing potential biological or physiological issues that may affect results.
3. Identifying and minimizing personal kryptonite.
4. Complete Bulletproof diet plan and instructions.

5. What to expect on the diet, overcoming setbacks, managing the emotional/psychological side of the diet
6. Tips and tricks for diet success
7. Free account set up and instructions on keeping a Meallogger.com food journal. Coach monitoring of food journal (*optional \$12/week*)  
**Cost:** \$175 (+\$50 per additional family member) Includes case studies, references and additional self-study materials.

**Plan 2 – Bulletproof Triad Modular Plan:** Monthly – 60-Minute video conference sessions. Includes all points of Plan 1 with the addition of:

1. Review and discuss goals from [Coaching Intake Form](#).
2. Weekly monitoring of your food journal with comments
3. Weekly email progress and accountability reports and review
4. Weekly coach monitoring of food journal with managing any plateaus or diet slips.
5. The integration of Life Coaching into weekly sessions
6. Specific modular lessons and coaching on the following triads:

**Bulletproof Triad 1:** Physical (5-months): food, activity, sleep, supplements, self-care, energy. **Cost:** \$750 (+\$250 each additional family member.)

**Bulletproof Triad 2:** Emotional (3-months): Stress reduction, coherence, Emotional Intelligence, relationships. **Cost:** \$450 (+\$150 each additional family member. Prerequisite BP Triad 1)

**Bulletproof Triad 3:** Mental & Spiritual (4-months): Mindfulness, cognitive performance, focus, productivity, values presence, life purpose, inquiry. **Cost:** \$600 (+\$200 each additional family member. Prerequisite BP Triad 1&2)

**Plan 3 – Complete Bulletproof™ Roadmap to Success:** 11 – 60-Minute monthly weekly sessions. Includes all points of Plan 1 – 2 with the addition of:

1. Daily text check-ins and email support.

**Cost:** \$1,540 (+\$550 each additional family member.)



## Requirements

Coaching clients will need a limited degree of computer and/or smart phone skills.

We prefer all coaching sessions to take place over [Zoom](#) (*free online video-conferencing*), with phone conferencing as an alternate.

Our Coaching program will utilize a free online tool/app, [MealLogger](#), that will help you track your daily food consumption. You will also need limited smartphone skills or a digital camera to take photos of all your meals and upload them to your personal diet journal.

For Plans 2-3, your meals will be monitored and reviewed by your coach who will give you feedback, suggestions and hold you accountable. The photo food journal will help you eat more mindfully, and you'll receive your guidance directly via mobile app or online. You can also join other social groups of dieters if interested.

## Refund Policy

Refunds are given only for cancellations received 30 days prior to the course start date (minus a \$25 service fee).

## Registration and Payments

A 50% deposit is required at time of contract signing prior to scheduling of videoconferences. Tuition payments must be made in full one-week prior to the course start and will be eligible for refund if cancellation meets requirements above.

Tuition payments may be made free of charge with cash or check, bank transfer, or debit card through PayPal. Credit card payments through PayPal will be subject to their standard 4% service charge.

**Financing is now available through PayPal Financing** (an additional 4% service charge and standard interest rates apply). **Any tuition paid is NOT refundable once the course has begun.**

**Questions:** Email [Patty@BodyFitCoaching.com](mailto:Patty@BodyFitCoaching.com) or call 732-672-4147. To get started right away, fill out our [Coaching Intake Form](#). You will be contacted within 24 hours to schedule a Discovery Call.