



IT'S NOT  
JUST A VIRUS

# Be a Kid Again Program Levels

## The Stability Plan: 3-6 Months of Support

To start: Review and analysis of daily Food and Mood Journal  
Health History Questionnaire  
Nutritional Assessment Questionnaire (comprehensive symptom survey)  
Nutritional Therapy Disclaimer/Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors

Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) for you including:

- Customized nutrition, lifestyle, and supplement recommendations
- Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.
- Motivation and behavioral strategies for accountability and lifestyle changes
- Referrals when appropriate.

***Upon sign up, you get 25% off your initial supplement purchase. All subsequent orders are at full supplement cost.***

This includes up to 6, 30 minute video follow ups, weekly email support (up to 2 email supports per week), and portal texting options. If additional weekly supports (text or otherwise) are needed they are provided, but may add up to one of the follow ups. Each session we will review your child's nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Cost: \$1190 total with supplement discounts*

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# Be a Kid Again Program Levels

## Finalize You Plan: 6 Months & Beyond of Support

To start: Review and analysis of daily Food and Mood Journal

Health History Questionnaire

Nutritional Assessment Questionnaire (comprehensive symptom survey)

Nutritional Therapy Disclaimer/Consent Form

After completing and submitting all of your new client paperwork we will schedule a time for your first video appointment. We will then spend 90-minutes reviewing all relevant symptoms, health history, and lifestyle factors on the first video session. Subsequent video sessions will be 30 minutes each. Any video review of new nutritional assessments will be 45 minutes.

Generate a comprehensive written protocol (after EACH session) for you including:

Customized nutrition, lifestyle, and supplement recommendations  
Supplementary resources such as meal templates, shopping lists, books/reading materials, worksheets, etc.

Motivation and behavioral strategies for accountability and lifestyle changes

Referrals when appropriate.

***Upon sign up, you will receive 25% off your initial supplement order, with 10% off a second or refill order. All subsequent orders, supplements are at full cost.***

This includes up to 10, 30 minute video follow ups, weekly email support (up to 2 email supports per week), and portal texting options (additional supports are provided but may add up to a follow up session). Each session we will review your child's nutritional assessment and make adjustments based on resolved symptoms, or continuing symptoms that still need more balance. We will adjust supplements based on resolved symptoms or those in need of different support.

*Cost: \$2200 total. With supplement discounts included.*

[simplymindfulwellness.com/be-a-kid-again-program](http://simplymindfulwellness.com/be-a-kid-again-program)

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