BLUEPRINT SESSION · KICKSTART

YOUR ENTRY INTO PERSONAL GUIDANCE

"Your health is a system. Not a coincidence."

Three months with a mentor at your side: a clear foundation, the right priorities, and ongoing support in everyday life.

€990

3 MONTHS · €330 / MONTH

> **The bridge between a single session and long-term guidance.** More than one conversation, without committing to six or twelve months upfront. The clear start where foundation and direction take shape.

YOUR KICKSTART SESSION — 90 MIN, IN PERSON IN HALLEIN OR VIA ZOOM

01	10 MIN	**Framing & direction** Where do you want to be in three months — and how would you actually notice it? We define the goal before talking about measures.
02	30 MIN	**System scan** We go through your systems together: sleep, training, nutrition, stress, energy — and existing blood values. The real value lies in connecting them: how one area carries the next.
03	20 MIN	**Setting priorities** From the scan we distil the 2–3 levers with the greatest effect. Not twenty building sites, but the few that truly move the needle for you.
04	20 MIN	**Your first roadmap** Concrete, practical first steps for the coming weeks. If useful: a recommendation on which diagnostics would sharpen your next step.
05	10 MIN	**Transition into guidance** How the WhatsApp support works, what comes next. You leave with clarity, focus, and a mentor at your side.

ACROSS THE THREE MONTHS

- **One call per month** (60 min), three in total — adjusting and deepening
- **WhatsApp support** Mon–Fri, reply within the working day
- **Ongoing adjustment** of training, nutrition, and recovery
- **Your Blueprint document** to finish — your health system as a roadmap, including diagnostics interpretation where values are available

READY FOR THE FIRST STEP?

We start with a free introductory call — no sales agenda. You describe your situation, I tell you honestly whether and how I can help.

herbertschmidt.at · Book an introductory call →