Make Your Weight Loss Predictable

Build a weekly system that makes fat loss predictable even when life gets busy.

Predictable Progress™

10 Week Group Coaching Program

Make your weight loss predictable with a simple weekly structure.

Predictable Progress™ is a 10 week group coaching experience designed to help you build a simple weekly system that supports consistent fat loss. Instead of relying on motivation or perfect weeks, you will learn how to structure your week before it begins so your progress becomes predictable.

PROGRAM OVERVIEW

Most women do not struggle with nutrition knowledge. They struggle because their week begins without a plan.

Predictable Progress™ teaches you how to decide your week before it begins so daily decisions become easier and progress stops feeling random.

This program focuses on building a weekly structure that works even when life is busy, schedules change, and weekends happen.

DURING OUR 10 WEEKS TOGETHER YOU WILL LEARN HOW TO

- Identify your personal calorie range for predictable fat loss
- Hit your protein minimum consistently without overthinking meals
- Plan your week before it begins
- Navigate restaurants without losing control of your progress
- Structure weekends so they support your goals
- Interpret the scale with confidence instead of emotional reactions

The goal is not perfect meals.
The goal is a predictable weekly structure.

HOW THE PROGRAM WORKS

Weekly Live Coaching Calls

Tuesdays at 4 PM Eastern
Each week we meet for a live group coaching session where we review progress, answer questions, and help you plan your upcoming week. Can't make a call? Every session is recorded and the replay is emailed immediately.

What if I can't make the live calls?

Being there live is great because you can ask questions and learn from what the other women are working through, but I know that real life happens and not everyone can make every call. Every coaching call is recorded, so you won't miss the coaching if you can't be there live.

Simple Weekly Planning System

You will learn how to structure your week before it begins so meals, restaurants, and weekends are planned instead of reactive.

Real Life Strategies

Practical coaching on calories, protein, restaurants, weekends, and interpreting scale trends.

Supportive Group Environment

You will be surrounded by women building the same structure and momentum together.

PROGRAM INVESTMENT

Predictable Progress™
10 Week Group Coaching Program

$997 paid in full
or 3 payments of $397

Next group begins September 21, 2026

Spots are limited to keep coaching personal and interactive.