

MODULE 4 | OBJECTIVES

KETO THRIVER OBJECTIVES

Katie Rodriguez, Nutritional Consultant





Module 4

Objectives:

- Your big WHY: getting in touch with the why behind your eating behaviors
- Creating sustainable systems for eating a balanced diet
- Viewing diet as a lifestyle rather than temporary punishment

Module 4 Daily Lessons

- **Lesson 1:** Mapping Your Intentions
- **Lesson 2:** Hacking Your Habits
- **Lesson 3:** Be Here Now
- **Lesson 4:** Live the Limitless Life
- **Lesson 5:** Track Your Tribe
- **Lesson 6:** You Are Enough
- **Lesson 7:** Personal Strategy

MEET ME IN **MODULE 4, LESSON 1**
TO GET STARTED!

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