

# The Vital Cycle Program



## Hormone Coaching

Your body has a language, your hormones have a voice, and they are trying to tell you something. Are you listening? Let me help you!

### Package Includes

- ✓ Five Individual Coaching Calls
- ✓ Five Vital Cycle Education Sessions
- ✓ A Personalized Hormone Support Plan
- ✓ Menstrual Cycle Charting 101
- ✓ Cycle-syncing Tips...and more!
- ✓ Resources and Referrals

\*this package include coaching over the course of 2-3 months.

Launch Price  
**\$500**  
/Person

Sarah Covington

Hormone Coach and FEMM Charting Instructor  
Divineimagecoaching@gmail.com

*Hello there!*

## Sarah Covington

Hormone Coach with Fiat Institute  
FEMM Charting Instructor



*Hey There!*

If you are looking to understand the genius of your hormones, of your menstrual cycle, and its relationship to your health and wellness, then this is the coaching program for you! I serve women through one-on-one coaching by first educating women about the genius of their hormones, and secondly, by assisting women to get to the root issue of their hormone struggle. I utilize natural tools such as essential oils, cycle-centric lifestyle and more to guide my clients in a hormonally healthy and whole lifestyle.

We are all about helping women learn to understand their hormones and how they work. We believe that our hormones have a voice, and that if we can learn to listen to them, we can live happier, healthier lives. Our mission is to empower every woman to be the leading lady of her own life story. With my guidance, you'll be able to decode your hormone language and start living the life you've always dreamed of! So let's open up that sound proof room and start learning what our hormones are trying to tell us!

*Peace!*  
Sarah

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## Coaching Package Overview

### ✓ Foundational Hormone Health Education

Learn how gut health, liver function, adrenal support, and inflammation play a central role in achieving hormone balance.

### ✓ Cycle Awareness Training

Discover how to use the menstrual cycle as a vital sign—interpreting its patterns to assess and support overall wellness.

### ✓ Lifestyle Integration Tools

Gain practical coaching in tools like cycle syncing and hormone-friendly biohacking to align daily rhythms with your body's needs.

### ✓ Symptom-Specific Protocols

Receive evidence-based support plans for common hormone-related concerns, including PMS, fatigue, mood swings, anxiety, and more.

#### Individual

- Personalized Hormone Assessment Review and Plan
- A suggested support plan to support hormones
- Referral network of mission aligned professionals
- Resources and assignments for learning that sticks

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