



MY MENOPAUSE PLAYBOOK:

STRATEGIES RIGHT FOR YOUR TYPE

PROGRAM OVERVIEW

WELLNESS 
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TRANSFORMATION INSIDE OUT

WELCOME TO MY MENOPAUSE PLAYBOOK: STRATEGIES RIGHT FOR YOUR TYPE

Whether you're in peri-menopause or post-menopause, you're about to embark on a transformative 4 month journey designed specifically to support you through the many changes of menopause. This program is tailored to your unique needs, offering personalized strategies that will help you navigate menopause with confidence and clarity. Over 4 months, we'll explore key areas such as nutrition, exercise, stress management, sleep, and more, all within a supportive community of like-minded women.

Program Structure

The program is designed into 4 distinct months, which each month containing **3 core curriculum weeks** and **one integration week** to apply what you have learned. During each of the core curriculum weeks you will receive materials specific to that week's topic. You will have the flexibility to explore them at your own pace, whether you like to dive deep or just get the highlights. During the integration weeks, you will have the opportunity to take a breath and integrate what you have learned.

During our 90 minute group sessions, we'll begin with a Q&A to address any questions you have about the materials. But the heart of our time together will be focused on engaging group coaching. We'll explore the week's topic, share experiences, and provide support tailored to your needs. It's all about making sure you feel confident and empowered on your journey.

Month 1 of the program is about laying the foundation to fully understand your menopause type and develop core habits that will support you during the program and beyond.

Weeks 1 - 3 you'll:

- Identify your menopause type and how it impacts your body.
- Build the foundation for sustainable habits, focusing on daily routines.
- Learn the fundamentals of hormone balance and how to work with your body.

Week 4: Integration and Reflection.

- Review key learnings and solidify new habits.
- Troubleshoot challenges and refine your personal strategy.

Month 2 is about learning how to nourish and support your body in menopause with proper nutrition and detoxification.

Weeks 5-7 you'll:

- Optimize your nutrition to fuel energy, balance blood sugar, and support metabolism.
- Learn how detoxification plays a role in menopause and how to enhance liver health.
- Understand how to support digestion and nutrient absorption.

Week 8: Integration & Adjustment

- Assess dietary changes and how they're impacting symptoms.
- Fine-tune your eating habits to fit your body's needs.

Month 3 is about developing strength and resiliency through movement, stress management and restorative and sleep.

Weeks 9-11 you'll:

- Create a movement plan that fits your body's changing needs.
- Learn how stress impacts hormones and develop resilience strategies.
- Master sleep optimization for better energy, mood, and recovery.

Week 12: Integration & Habit Reinforcement

- Evaluate progress and adjust movement, stress, and sleep strategies.
- Strengthen key habits to make them second nature.



Month 4 is about developing advanced strategies for long-term success of hormone management.

Weeks 13-15:

- Understand the role of the thyroid in menopause and how to support it.
- Explore hormone therapy options and natural strategies for balance.
- Learn how to maintain vitality and wellness into later years.

Week 16: Integration & Future Planning

- Bring everything together with a long-term wellness blueprint.
- Set up a plan for sustained success beyond the program.



Weekly Roadmap:

Week 1: Laying the Foundation

In our first week together, we'll set the stage for the entire program. This session is about getting to know each other, understanding what's ahead, and laying the foundation for our journey. We'll start with a warm welcome and introductions, allowing everyone to share a bit about themselves and their goals for the program.

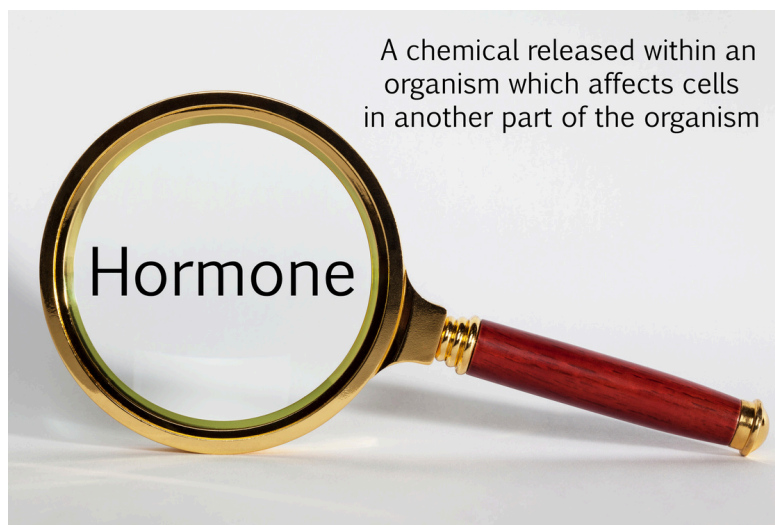
You'll receive an overview of the 12-week program, where we'll discuss the key topics we'll cover, how each week builds on the last, and what you can expect to achieve by the end of the course. Understanding the different menopause types and subtypes, or "archetypes," is a crucial part of this program. We'll introduce these archetypes, helping you recognize where you might fit within them. You will be given a link to take the Menopause Archetype Quiz, designed to identify your specific menopause type. This will be an important tool in tailoring the program to meet your individual needs.

We'll also introduce the habit-based approach that will be integral to the program. You'll begin thinking about the first habits you might want to adopt or change, setting the stage for positive transformation. We will then open the floor for an initial Q&A session to address any questions or concerns, ensuring that you feel confident and ready to move forward.



Week 2: Hormone Harmony: The Symphony Within

Building on our introduction, Week 2 dives deeper into the specifics of menopause and its impact on your body. We'll take a closer look at the different menopause types, providing a detailed discussion that will help you understand the characteristics of each type and how they manifest in your life.



A thorough overview of the hormones involved in menopause will be provided, explaining their roles and how they interact with one another. This will include an exploration of hormonal changes that occur during peri-menopause and post-menopause, helping you understand why certain symptoms arise and how they can be managed.

This week, you'll also begin to actively incorporate the habit approach. You'll be asked to identify one or two habits that align with your "Big Why"—the personal reason driving your participation in the program. These habits could involve adding something new, like a morning meditation practice, or removing something that no longer serves you, such as a negative thought pattern.

Week 3: Charting Your Course: Creating Habits for Lasting Change

In Week 3, we focus on looking forward—creating a vision for your future that excites and motivates you. You'll craft a clear and compelling vision that reflects your desires for life during and after menopause. This vision will act as a beacon, guiding your efforts and decisions as you work towards your health and wellness goals.

Once your vision is in place, you'll develop a concrete plan to achieve it. This plan will include setting specific, achievable goals that align with your vision and are tailored to your unique needs. We'll discuss the importance of healthy habits in managing menopause symptoms and overall well-being, and how establishing consistent routines can support you in reaching your goals.

This week's focus on habits will involve adding or refining those that support your vision for the future. For example, if your vision includes feeling more energized, you might start with a habit of drinking more water throughout the day or incorporating a short walk into your daily routine.



Week 4 is an Integration and Application week. Group Coaching only.

Week 5: Nutrition Reset: Eat Like You Love Yourself

Week 5, the first week of your Nutrition Reset is all about laying the foundation for sustainable, healthy eating habits. This week focuses on simple, effective ways to make food choices that align with how you want to feel—nourished, energized, and balanced.

We'll explore what it truly means to eat like you love yourself. Together, we'll discuss practical tips for mindful eating, portion control, and selecting foods that support your unique menopause journey. You'll also learn how to identify the habits and food patterns that serve your well-being, as well as those that might be holding you back.



This week is designed to help you rethink your relationship with food and make decisions that reflect self-care and respect for your body. By the end of the week, you'll feel empowered to take small, manageable steps toward eating in a way that makes you feel your best.

This week's habit might involve practicing mindful eating by slowing down during meals and tuning in to your body's hunger and fullness cues. You could also focus on adding one nutrient-rich food to your plate daily, like leafy greens, berries, or salmon, to nourish your body and support hormone balance. Alternatively, consider limiting processed foods or sugary snacks to stabilize your energy levels throughout the day.



Week 6: Metabolism Mastery: Fueling for Vitality

In the second week of your Nutrition Reset, we'll dive deeper into how your body processes and uses energy. This week is all about mastering your metabolism so you can feel vibrant and strong.

You'll learn how to fuel your body for optimal energy by balancing blood sugar, incorporating macronutrient-rich meals, and understanding the connection between nutrition and metabolic health. We'll discuss practical strategies for stabilizing energy levels, reducing cravings, and supporting long-term metabolic function through food choices that work for you.

This week builds on the foundational knowledge from Week 4 and provides the tools to take your nutrition to the next level. By the end of the week, you'll be equipped to make metabolism-friendly choices that empower you to thrive through menopause and beyond.

This week's habit might involve starting a 14/10 fasting routine, where you eat all your meals within a 10-hour window and fast for the remaining 14 hours. This approach supports blood sugar stability, allows your digestive system to reset, and promotes overall metabolic health.

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Week 7: Detox & Digest: Nourish & Cleanse

Healthy digestion and liver function are crucial for managing menopause symptoms, and in Week 6, we'll delve into these topics in detail. You'll learn about the role of digestion and elimination in maintaining your overall health, especially during menopause when your body is undergoing significant changes.

We'll discuss practical tips for supporting your digestive system, ensuring that you're absorbing the nutrients your body needs and efficiently eliminating waste. This session also cover detoxification strategies that can support liver health, helping your body to process and remove toxins more effectively.

Your habit focus this week might involve incorporating a daily probiotic or increasing your intake of fiber-rich foods to support digestion, or perhaps reducing the intake of substances that burden the liver, such as alcohol or sugar.

Week 8 is an Ingtegration & Application Week. Group Coaching Only.

Week 9: Strength for Life: Vitality Through Movement

Exercise is a powerful tool for managing menopause, and Week 7 is dedicated to exploring its benefits. We'll discuss why regular physical activity is essential during menopause, highlighting its positive effects on everything from mood to metabolism.

You'll learn about the different types of exercise that are most beneficial during menopause, and we'll help you create a personalized exercise plan that suits your body and your lifestyle. Whether you're a seasoned athlete or just starting out, this session will provide you with the knowledge and motivation you need to stay active and healthy.

This week's habit might involve adding a specific type of exercise to your routine, such as strength training or yoga, or perhaps removing barriers that prevent you from exercising regularly, like reducing screen time in the evenings.

Week 10: Calm and Collected: Managing Stress with Ease

Stress can exacerbate menopause symptoms, making it essential to develop effective stress management techniques. In Week 8, we'll explore the impact of stress on menopause and discuss a variety of strategies for managing stress and anxiety.

We'll introduce you to mindfulness practices and relaxation techniques that can help you stay calm and centered, even in the face of challenges. These tools are not just about reducing stress; they're also about enhancing your overall mental health and well-being.

Your habit formation this week might involve integrating a daily mindfulness practice, such as deep breathing exercises or meditation, or perhaps letting go of a stress-inducing habit like over-scheduling yourself.





Week 11: Sleep Soundly: The Power of Restorative Sleep

Good sleep is foundational to health, yet many women experience sleep disturbances during menopause. Week 9 is focused on improving sleep quality, starting with an exploration of common sleep issues that arise during menopause.

We'll provide you with strategies for better sleep, including tips on establishing your "sleep chronotype"—your natural sleep-wake pattern—and creating a sleep-friendly environment. By implementing these strategies, you can improve both the quantity and quality of your sleep, helping you feel more rested and rejuvenated.

This week's habit might involve adding a bedtime ritual that promotes relaxation, like reading or taking a warm bath, or removing stimulants like caffeine to support better sleep.

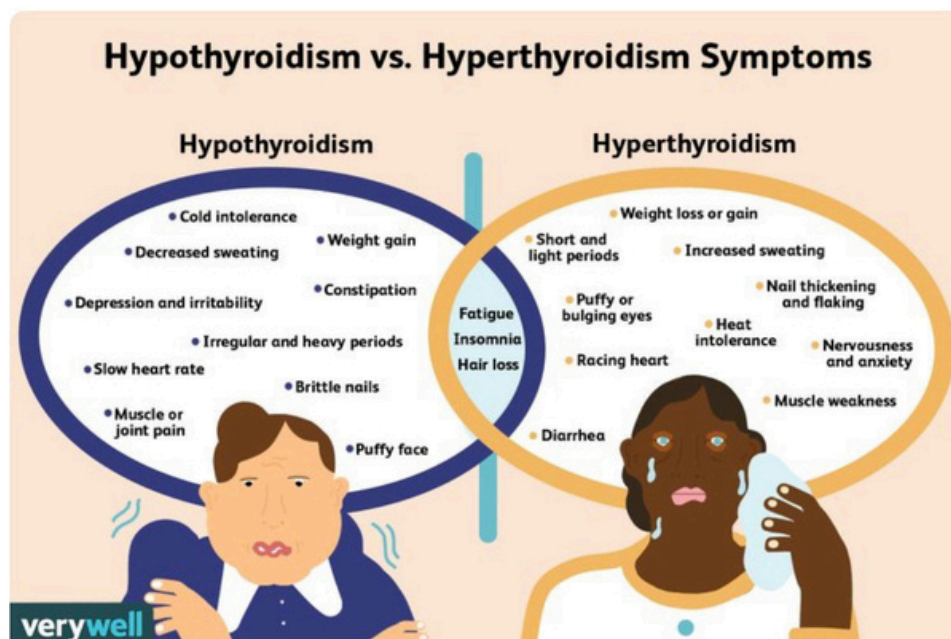
Week 12 is an Integration and Application Week. Group Coaching Only.

Week 13: Thyroid Fundamentals: The Key to Your Body's Energy Hub

This week, we'll shine a spotlight on your thyroid, often referred to as your body's energy hub. Understanding how this small but powerful gland works is key to unlocking better energy, metabolism, and overall vitality during menopause.

Thyroid health is a complex topic, and it's incredibly relevant for women in perimenopause and menopause. Hormonal shifts during this time can make thyroid issues more common, yet they're often misunderstood or overlooked. That's why we're dedicating two full weeks to unpacking everything you need to know.

In Week 10, we'll explore what the thyroid does, why it's so essential, and the critical role it plays in regulating many of your body's functions. You'll learn why thyroid issues become more common during perimenopause and menopause and how hormonal shifts can impact its performance. during this life stage.



We'll also discuss the signs and symptoms of thyroid dysfunction, giving you the tools to spot potential issues and advocate for yourself if something feels off. By the end of this week, you'll have a solid understanding of how your thyroid works and why it's so important to your overall well-being during this life stage.

This week's habit might involve monitoring specific health metrics, such as your morning resting heart rate or basal body temperature, as subtle changes can indicate thyroid activity. You might also focus on identifying patterns in your energy levels throughout the day by jotting down a quick note about how you feel in the morning, afternoon, and evening. This practice helps you build awareness of potential thyroid-related shifts and lays the foundation for deeper exploration in the weeks ahead.

Week 14: Thyroid Optimization: Strategies for Lasting Vitality

This week builds on the foundation from Week 10, focusing on practical strategies to support and enhance thyroid function. Whether you're looking to optimize a healthy thyroid or manage thyroid issues, this week is packed with actionable insights.

Because thyroid health is so complex—and so important during perimenopause and menopause—we're dedicating this second week to diving deeper into how you can take control of your thyroid health.

We'll focus on nutritional approaches, lifestyle adjustments, and the role of stress in thyroid health. You'll also learn about the different types of thyroid medications, the key labs you need to understand your thyroid status, and how to interpret your results.

We'll discuss the supplements that can support thyroid function, as well as those to avoid, and help you understand how to find your personal optimal thyroid levels. By the end of this week, you'll have the tools and knowledge to make informed decisions about your thyroid health and create strategies for lasting vitality.

This week's habit might involve monitoring specific health metrics, like basal body temperature, as a way to keep tabs on your thyroid function. You might also consider incorporating foods rich in iodine, selenium, and zinc into your diet to support thyroid health, or eliminating potential disruptors like excessive caffeine or processed foods.

Week 15: Hormone Therapy: The Puzzle Piece You've Been Missing?

As we near the end of the program, Week 12 focuses on hormone balancing and optimization. We'll discuss the various supplement and hormone therapy options available, helping you understand what might be right for you. You'll learn how to determine if hormone therapy is appropriate for your situation and what steps you can take to achieve optimal hormone levels naturally.

This week is about empowering you to make informed decisions about your health, ensuring that your hormones are balanced and functioning at their best. We'll also explore natural ways to support hormone balance, such as through diet, stress management, and targeted supplementation.

This week will also include a final Q&A and feedback session, giving you the opportunity to ask any remaining questions and make sure you have a solid plan moving forward.

By the end of this week, you'll have a clear plan for continuing your journey beyond the program, with the tools and knowledge to navigate menopause with confidence.

Week 16 is the final integration week where you will be putting it all together.

The 4 Integration Weeks:

During each integration week, there will be no extra materials - just focused group coaching sessions. They will allow the chance to:

- ✓ Review key concepts and answer any lingering questions
- ✓ Ensure you fully understand how to apply the strategies in your daily life
- ✓ Fine-tune your approach based on what's working (and what's not)
- ✓ Provide extra support and accountability so you don't feel like you're falling behind

These integration weeks give you the chance to pause, reflect, and solidify your progress before moving forward—ensuring you're not just learning, but actually transforming the way you navigate menopause.

Moving Forward

Completing My Menopause Playbook isn't the end—it's the start of a healthier, more empowered life. With your personalized strategies, practical tools, and sustainable habits, you'll be equipped to thrive well beyond the program, embracing the vibrant midlife you deserve.

As a graduate, you'll also have the unique opportunity to revisit the program at any time for just 70% off the regular price, allowing you to deepen your learning, refresh your habits, and continue enjoying the support and accountability you've come to value.



YOU'VE GOT THIS!

