



HORMONE MASTERCLASS

EMPOWERED BY **FOOD**
HEAL YOUR **HORMONES**,
BALANCE **STRESS**,
AND BECOME **UNSTOPPABLE**



WHAT'S INSIDE

This worksheet will help you dive deep into each days training and retain more of the valuable information I'm giving to you! Studies have proven that writing things out helps you retain far more information than listening alone.

DAY 1

Hormone Balance- Where to start?

DAY 2

PMS-How to become symptom free!

DAY 3

Exhaustion- How to reclaim your energy and vitality!

DAY 4

Weight Loss- The inner battle!



ABOUT CIARA

HORMONE & GUT HEALTH EXPERT

Ciara Foy is a registered holistic nutritionist, hormone and gut health expert and Toronto-based mom to two young girls who believes in "REAL food for REAL life."

She's also the author of the Amazon Bestseller "Empowered by Food" Heal Your Hormones, Balance Stress and Become Unstoppable.

Ciara Foy empowers driven, high-achieving women to take impeccable care of themselves so they can maintain the energy, motivation and passion it takes to go after their dreams while curating each day and therefore the life, they choose.

On her own health journey, Ciara faced and overcame weight gain, burnout, depression, and a self-destructive mindset.

She now uses those experiences to help women create room for self-care and get back on track to become their happiest, healthiest selves.

When Ciara is not working out of her private practice in downtown Toronto—or spending time with her two daughters—she provides consultations to women all over the world, from Bay Street to Wall Street, Lebanon to Australia and beyond.

Ciara has been featured in ELLE, FLARE, ET Canada, CTV, Best Health Magazine, Canadian Living, and Body Rock TV.

Say hello at www.CiaraFoy.com.



Day 1

Hormone Balance: Where to start?

Top 3 Strategies for Hormone Balance:

Tip 1: _____

Tip 2: _____

Tip 3: _____

The thing all three of these strategies have in common is

This is important because:

Key Takeaways I need to implement immediately:

What do I need to do in order to be able to take action on these tips?

Action Items:

What do you feel will be the most challenging of these three tips to implement?
What support or accountability do you need to make it happen?

My team of Nutritionists are here to help support you. Be sure to join my FREE Facebook Group "Empowered by Food Collective" for weekly on-going trainings. After you join, be sure to keep an eye on your DMs for a message from Leslie, Allison or myself or send one of us a message and tell us how we can help!

Day 2

PMS:

How to become symptom free!

What are the 5 things you can control that will dissipate PMS symptoms?

1)

2)

3)

4)

5)

What are THREE non-negotiable actionable items that you are committed to implementing today?

1)

2)

3)

What is your big “ah ha” moment from this training?

What do you feel you'll need support and accountability with?

Think about how your life will improve if you make these changes and your symptoms dissipate? Post in the group about how this will impact your life.

Day 3

Exhaustion: How to reclaim your energy and vitality

What are the top three things you can do to support your energy levels during the day?

- 1)
- 2)
- 3)

What hormone has an inverse relationship with melatonin and will keep you awake if it's not managed properly?

What are the top three ways you can manage cortisol levels?

- 1)
- 2)
- 3)

What bed and wake time are you committed to maintaining 90% of the time within an hour?

Why is sleep important for hormones?

What is my biggest challenge to implement?

Action Items:

Post in the group the habits or "vices" you are willing to give up in order to reclaim your energy and vitality!

Day 4

Weight Loss: The inner battle!

What are the two most important hormones in the weight loss puzzle?

1)

2)

What are the top three things that cause cravings?

1)

2)

3)

What is the critical missing link?

What is your WHY?

Session 4 Continued on the next page

Day 4 continued

How do you imagine you'll feel when you get to your goal?

What are the top 3 ways you self-sabotage?

1)

2)

3)

What beliefs do you need to let go of in order to reach your goal?

Action Items:

What is one change you are committed to making TODAY that will help you take daily action towards your goal? Post in the group- say it loud and proud what you are committed to!

**IF YOU FEEL STUCK AT ANY POINT
DURING THIS MASTERCLASS,
REACH OUT TO OUR TEAM!**

You can private message us right on
Facebook:

Allison Madigan
Leslie Herman



CIARA FOY