

Week #	Task	Outcomes/Deliverables	Coach's Initials	Date	Percent Complete	Duration of Hours
*	Introduction	Set Date&Conduct: Creating Calm in the Classroom (CCC) Demonstration explains CCC program, builds trust through the education of gut health and its relation to Mental Health Wellness - nutrition and accountability, children and their families love the drink [Vid 0: show good gut health and mental health benefits]				1
0	Setup and Pre-Launch Prep	Identify Launch Date and Funding Source				
		Pre-Launch -Learn to plug into exercises and videos, post progress				0.5
1	Initial 1 to 1 Coaching Session: Discovery, Set Targets: Exercise and Meals	Intake exercise habits and food habits. Complete "How Ya Feeling" Tracker [Vid1: Explains good gut health, YT video that expresses what the client will get out of this week's session(challenge)] Complete Handout, Set Goals: what are you trying to accomplish				0.5
2	Gut - Brain Connection: Engaging the Miracle of the Human Body	<u>WORKSHEET & EXERCISE:</u> To Engage the Miracle of the Human Body we must work to improve gut health, intake restorative nutrients, high in antioxidants, and learning how much of the body's cleansing of toxins happens during deep restorative sleep; tart cherry [VID 2: Engaging the miracle of the human body to heal itself by Coach Larry at AVCC] - https://youtu.be/xe3bAb6I2IU				0.5
3	Family Nutrition Guide Exercise	<u>WORKSHEET & EXERCISE:</u> Start with heavy introduction exercises that parents are pulling stats from and inserting them into workbook, <u>SAMPLE PRODUCT (optional) like Taco Tuesday or In n Out day</u>				0.5
	Calendaring MY Meal Plan: Match Current Dietary Preferences (sensory/digestion)	Using <u>7-deal Meal Plan Sample</u> map-out personalized Meal Plan and Nutrient Intake. Scale <u>MY Meal Plan</u> for gradual introduction and exposure to nutrient dense foods. Remember to pair familiar foods with new nutritional foods.				0.5
4	Vast Valley of Difference Between Organic and Non-Organic	<u>WORKSHEET & EXERCISE:</u> Watch Video: Complete Exercise in Workbook, name three key points taken from the video [VID 3: Vast Valley of difference between Organic and non-organic]				0.5
	No Processed Food Challenge	<u>WORKSHEET & EXERCISE:</u> The Gut Diva resource [VID 4: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
	Introduce the Website The Detox Project:	<u>WORKSHEET & EXERCISE:</u> Browse Website: Complete Exercise in Workbook, name three key points taken from this site. Setup and ask for stats from the website, showing the chart where glyphosate introduction increases as does the cases of people on the spectrum				0.5
5	The Quality of Food, Glyphosate and No Sugar Challenge Check-in Week 4	<u>WORKSHEET & EXERCISE:</u> The quality of food we eat determines mood, energy and quality of life. Glyphosate: links to national campaigns outing Big AG (chemical companies, and conventional farmers mass producing) [VID 5: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
	The Toxin that Came to Dinner	e-Book Link here: Author Dave Sandoval - The Toxin that Came to Dinner				0.5
6	Your Gut Health: DETOX - Myths and Truths Check-in Week 6	<u>WORKSHEET & EXERCISE:</u> How the Body Detoxes, Common Myths, Signs: Fatigue, Headaches, Brain Fog, Aches/Pains [VID 6: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
	Let Food Be Thy Medicine: Label, Ingredients and Benefits	<u>WORKSHEET & EXERCISE:</u> Match products to symptoms, match ingredients to products				0.5

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7	Nutrient Dense Foods - For Optimal Brain Function: Your Local Supermarket Scavenger Hunt	<u>WORKSHEET & EXERCISE:</u> The best foods for people on the spectrum ORGANIC: - Fruits and Vegetables - Omega-3 Rich Foods - Lean Proteins - Whole Grains (Fiber-rich food) - Probiotic-Rich Foods - Nuts and Seeds - Water [VID 7: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
8	Superfoods Supporting Wellness on the Spectrum: Healthy Pantry Swap Exercise	<u>WORKSHEET & EXERCISE:</u> - Reduces glyphosate in the gut, improves digestion - Improves digestion, mood and focus - Detoxing Heavy Metals - improves cognitive clarity - Supports sleep quality - essential for emotional regulation - Provides antioxidant protection - Natural melatonin and phytonutrients production - Improves energy production, nervous system health - Nutrient-rich greens and beta-carotene - Improves attention span, memory, and cognitive performance [VID 8: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
9	Safe School Meals Coalition	<u>WORKSHEET & EXERCISE:</u> [VID 9: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
10	Local Food for Schools Program	<u>WORKSHEET & EXERCISE:</u> [VID 10: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
11	Introduction of Real Organic Podcast	<u>WORKSHEET & EXERCISE:</u> [VID 11: stories on what was inspiring and how they see themselves incorporating this tool into the lives and why.				0.5
12	GRADUATION the FINAL PRESENTATION: Before and After pics, data, and vids	Includes before and after pictures of client's foods consumed, where it was sourced, favorites and new found food habits and behavior as well as 60 second video expressing how they felt on the program at its conclusion				0.5
						100%
						10
						Version 1 FEB'26