Week #	Task	Outcomes/Deliverables	Coach's Initials	Date	Percent Complete	Duration of Hours
*	**THRIVE-O Goal/Objective:** 	*OBJECTIVE: Train parents with children in grades K-12, where to find and how to use on-line and in-person gut-brain education and organic nutrition resources to improve the mental health wellness of their children.*				
1	**ORIENTATION MEETING ENROLLMENT & IN-TAKE** **SCHEDULE TESTING: glyphosate & heavy metals**	**See EXHIBIT I for Orientation Protocol** **- Parents and their children will be benchmarked at start and end dates using measured THRIVE-O Attributes** **- Superfood Social introduce parents to protocols used in program** **• Questionnaire Asking Students what is MOST IMPORTANT to them today** **- Students enrolled in THRIVE-O will take pre and post tests relating to their glyphosate and heavy metals content** **- Show Introduction video on crisis and how THRIVE-O proposes to resolve** **- Show the Chronic poisoning happneing to our kids**	**Attributes to be Tracked:** **Behavior in the Classroom** **Food Choices** **Nutrition** **Optimism / Mood** **Test Scores** **Absenteeism** **Aches/Pains** **Stress Level** **Heavy Metals** **Glyphosate** **Outlook** **Deep Restful Sleep** **Weight / BMI** **Energy Level** **Digetsion**			
2	**Understanding the Gut - Brain Connection GMOScience.org and Transformation Co.**	**Gut Brain Connection; engaging the miracle of the human body, through detox, nutrify and thrive** **Calendaring meal plans** **#1 POST: Write, Record, Post and Share to IG and FB** **Gut - Brain Connection**				2
3	**Introduce the Website GMOScience.org and Moms Across America:**	**Browse Website: Find three (3) key points taken from this site. Post Glyphosate Chart tracking with increase in kids with autism** **#2 POST**: Write, Record, Post and Share to IG and FB Benefit of GMOScience.org				2
4	**Tools for Tracking Progress**	**Parents will track theirs and their childen's progress in the program. Using these tools in Exhibit E and Exhibit G** **THRIVE-O CURRICULUM (Exhibit E): completion of a task includes completing workbook exercise and posting to social media** **7-DAY MEAL PLANNER (Exhibit G): For each fo the 12-weeks in the program students will track Nutrition in-take and meals, snacks, goodies** **#3 POST: Write, Record, Post and Share to IG and FB** **Accountability and tools that help keep you accountable**				1
5	**ALL THINGS MEDIA**	**Parents/Gatekeepers will identify and contact trusted sources** **Press Releases; Official Platforms: Government, Commissions, School Site Council, Parent Leads; Social Media** **Parents will be introduced to the channels of influence in Media** **Parents will learn to write, record, post and share social media post in IG and FB.** **Introduction to Media Resources and Exercises, See Exhibit B and Exhibit C** **#4 POST: Parents will articulate in the 90-second video what their expectations are of the course, what will make a successful outcome for them at the end of this program**				2

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6	**Understanding the Glyphosate Impact, GMOScience.org and Transformation Co.**	**Glyphosate influences gender dysphoria** **- Blocks the development of the neurotransmitters supporting focus,** **- Understanding the effects of an Imbalanced microbiome** **- Vast Valley of difference between Organic and NON-Organic** **- New Extra Strength pesticide, +2, A-D and some other cocktailed item, untested most likely unsafe** **- Weeds are now 75% tolerant to the glyphosate** **- Glyphosate attracts and attaches to heavy meatals like aluminum allowing aluminum to cross the blood-brain barrier;** **- Using glyphosate as drying agent is an ABSURDITY** **- 80-95% of nutrients are precluded / depleted from foods catching glyphosate drift spray,** **- gives males breasts because of endochrin disruptors** **- Vitamin B3 lessens agression and bad decision making** **- Show most recent increased usage of glyphosate** **#5 POST: Write, Record, Post and Share to IG and FB** **Glyphosate**				2
7	**Coaching Session: Discovery, Set Targets and Identify Resources**	**Parents and students one on one session** **Check-in with Pediatrician and Coaches for guidance and support, recommendatoins on** **course-correcting or simply Straight-ahead!** **#6 POST: Write, Record, Post and Share to IG and FB** **Progress to Date**				1
8	**Introduction to Joel Salatin and Transformation Co. Model of purchase organic foods**	**Consumers can purchase real organic foods via farms' systems already in place to receive organic nutrient dense food** **Takes the guess work out of the market store purchases.** **#7 POST: Write, Record, Post and Share to IG and FB** **Purchasing Organic Foods On-line**				2
9	**CONSUMERISM: Habit Disruption - doing things just because that's the way we've always done it - No Longer Acceptable**	**Habit DISRUPTION:** **. Strategy to engage consumer support,** **- Best Strategy is prevention strategy** **. BRANDS only care about their IMAGE - yoiur health is secondary** **. Suppliers of organic fruits and vegetables, truck drivers, contracts with schools, etc.** **- Systems and Resources that advises NOT Hide harm from consumers** **- Learn what channels exist to impact brand integrity? Learn what resources are used by industry to promote brand Integrity** **#8 POST: write, record, post and share to IG anfd FB** **How to Flex Purchasing Power Muscle**				2
10	**Accessing CBO and Government Wellness Systems**	**Parents are trained how to Access and use CBO and government Wellness systems, and channels to influence quality of service.** **Introduction to groups, systems, reports and products that will detox, nourish and allow children to thrive, with particular emphasis for those students dealing with neurodivergent issues.** **#9 POST: Write, Record, Post and Share to IG and FB** **Access and Use of Wellness Systems**				2

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11	**Program Completion Check-in, Peer Evaluation and Publication**	**Review and Feedback session: Final push to complete program, Review Graduation Ceremony Protocol, logistics and expectations.** **#10 POST**: Write, Record, Post and Share IG and FB New Revelation: Most Interesting Point Learned				2
12	**GRADUATION the FINAL PRESENTATION: Before and After pics, data, and videos**	**Parents will reference** POST #1 and #2 in this final video presentation and share there progress to date. **#11 POST**: Write, Record, Post and Share to IG and FB Speak to and exemplify in video true before and after reaction to THRIVE-O program experience				2
					100%	**20**
					Version 1 SEP'26	