



# **Your Quick Start Guide to NeuroHealthMastery**

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# Your Quick Start Guide to NeuroHealthMastery

Welcome to NeuroHealthMastery. You've taken the first step toward improving your health, fitness, and nutrition. This guide will show you how to get started quickly and easily.

## Before You Begin: Checklist

Here's what you'll need to get started:

- A device with internet access (phone, tablet, or computer).
- Your email address to receive important links and details.
- About 20-25 minutes to complete everything.

## Quick Links

These are the main links you'll need:

- Natural Signature Assessment: [Click Here](#)
- Health Assessment: [Click Here](#)
- Bot Dashboard Login: [Click Here](#)

You can also find these links anytime on [Beacons.ai](#).

## Step I: Complete the Assessments

To create your personalized plan, you need to do these two assessments:

1. Natural Signature Assessment
  - This helps me understand your natural tendencies so I can create the perfect plan for you.
  - Time Needed: About 10-15 minutes.
  - Click here: [Start the Natural Signature Assessment](#) →

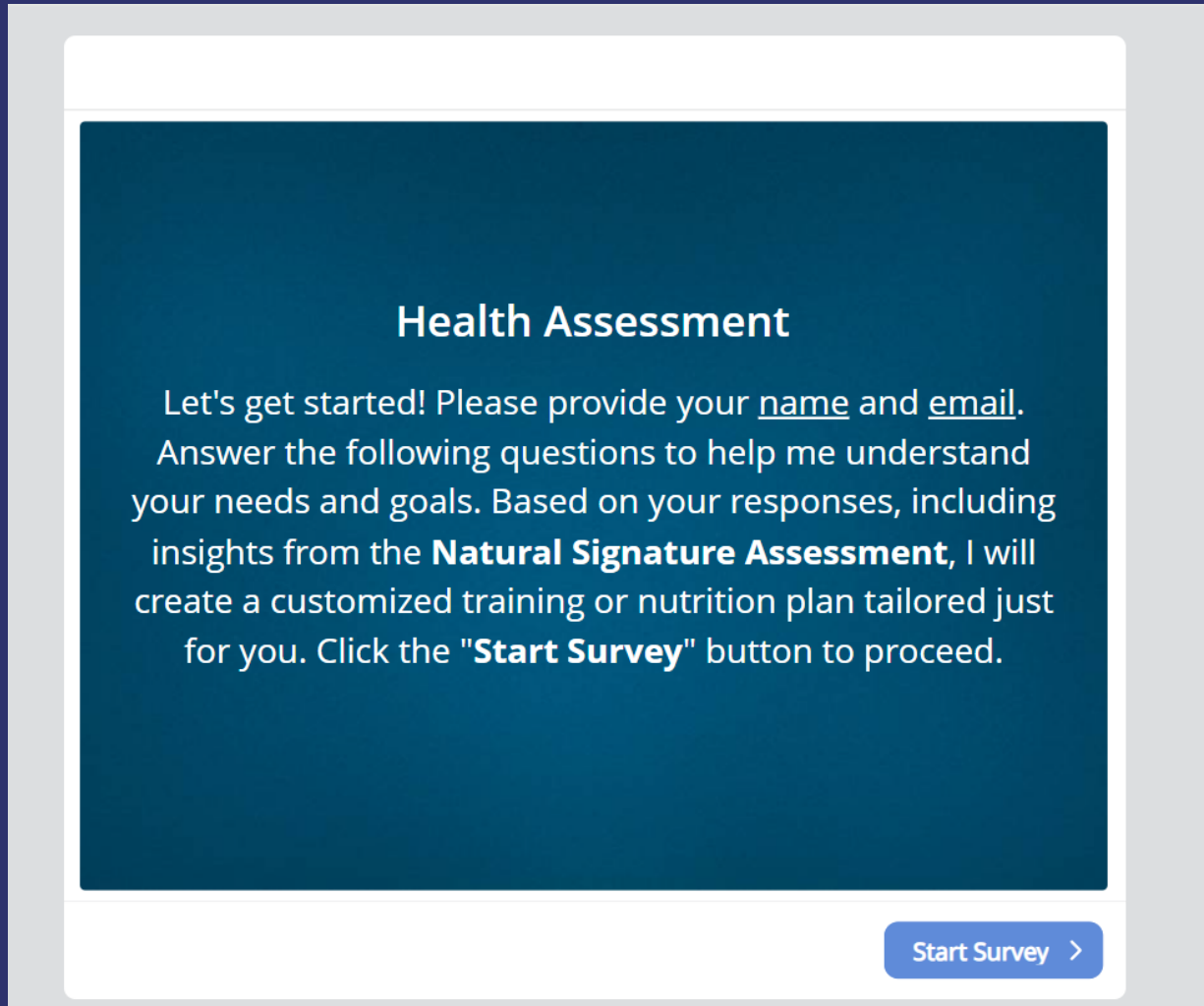
## Welcome to the Natural Signature Assessment!

Discover your Natural Signature—a profile that reflects your natural tendencies, strengths, and behaviors.  
Click the "Start Survey" button to proceed

[Start Survey >](#)

## 1. Health Assessment

- You'll get a special link for the Health Assessment, depending on whether you booked training or nutrition.
- Time Needed: About 5-10 minutes.
- Click here: [Start the Health Assessment](#) →

A screenshot of a web-based survey titled "Health Assessment". The survey is displayed within a white rectangular frame against a dark blue background. The title "Health Assessment" is centered at the top in a large, bold, white font. Below the title, a paragraph of white text reads: "Let's get started! Please provide your name and email. Answer the following questions to help me understand your needs and goals. Based on your responses, including insights from the **Natural Signature Assessment**, I will create a customized training or nutrition plan tailored just for you. Click the "**Start Survey**" button to proceed." At the bottom right of the white frame, there is a blue button with the text "Start Survey" and a right-pointing chevron symbol. The entire survey interface is set against a dark blue background with some faint white geometric lines in the top left corner.

**Health Assessment**

Let's get started! Please provide your name and email. Answer the following questions to help me understand your needs and goals. Based on your responses, including insights from the **Natural Signature Assessment**, I will create a customized training or nutrition plan tailored just for you. Click the "**Start Survey**" button to proceed.

Start Survey >

## Step 2: Wait for Your Plan

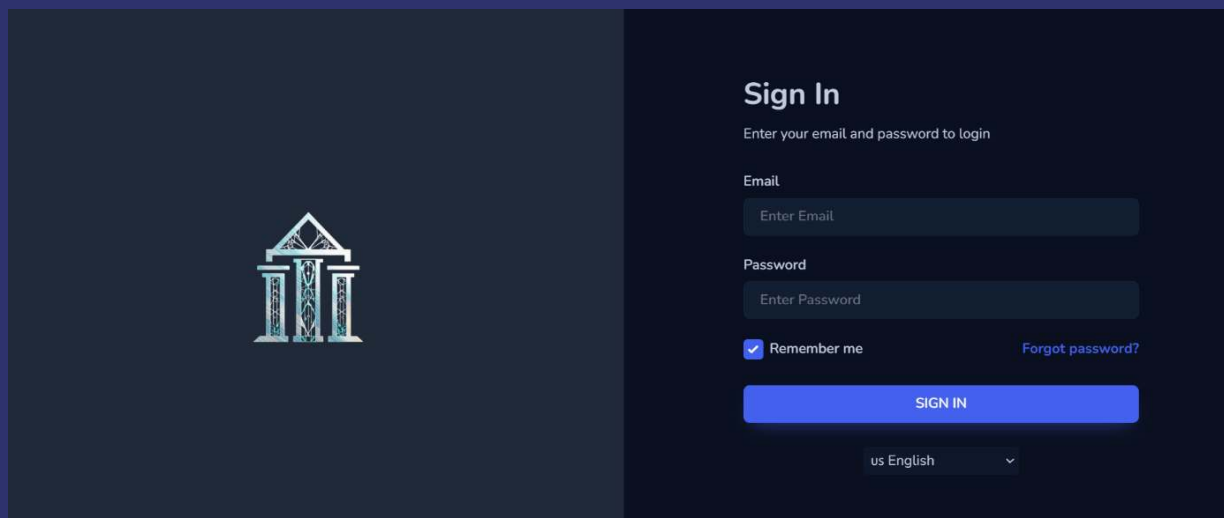
### After you finish both assessments:


- I'll review your answers and create a plan just for you.
- This takes about 24 hours.
- You'll get an email with:
  - Your customized plan.
  - Login info (email and password) for the Bot Dashboard.
  - A link to the Notion Platform for your training program.

## Step 3: Access the Bot Dashboard

Once you get your login details, go to:

[Login to the Bot Dashboard →](#)





### Sign In

Enter your email and password to login

Email

Password

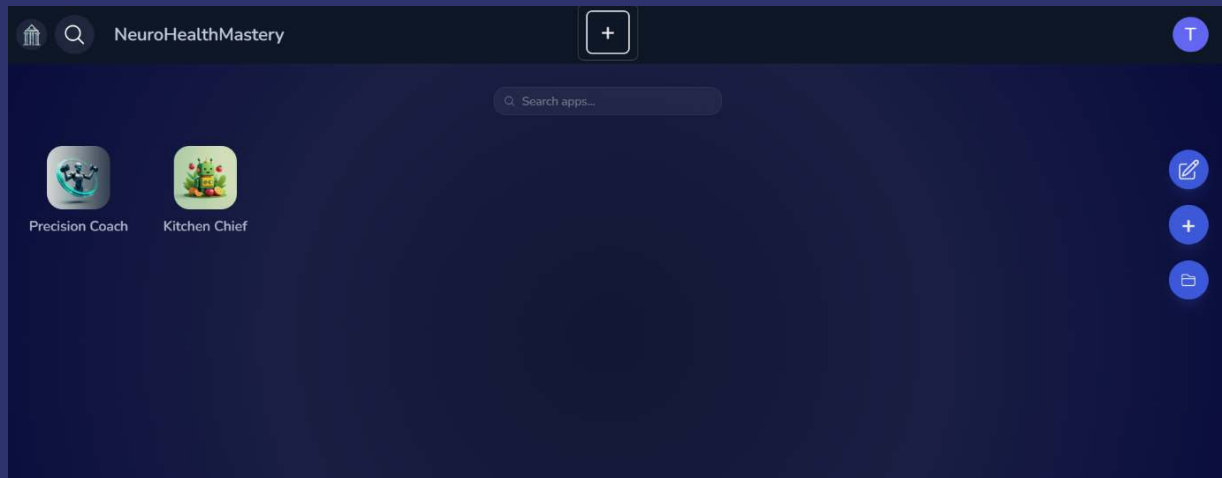
☒ Remember me [Forgot password?](#)

**SIGN IN**

us English ▾

## Here's what you'll find there:

- Meal ideas and training tips designed for your goals.
- A simple dashboard to keep you on track.



## Step 4: Use Your Tools

### Now you're ready to get started!

- Follow your plan (you'll find it in your email).
- Track your training progress on the Notion Platform.
- Use the Bot Dashboard for real-time tips and ideas.

## Need Help?

If something isn't working or you have questions, email me at:

 [support@neurohealthmastery.com](mailto:support@neurohealthmastery.com)



## Stay Motivated!

**You've taken the first step toward a healthier, stronger you! Remember:**

- This program is made just for you, so trust the process.
- Stay consistent and follow your plan—it's how you'll see real results.

## You're Ready!

**Start today and enjoy the tools and resources designed to help you succeed. I'm here to support you all the way.**

**Coach René**



## Back Page Title

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

