



Your Quick Start Guide to NeuroHealthMastery

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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](#) →

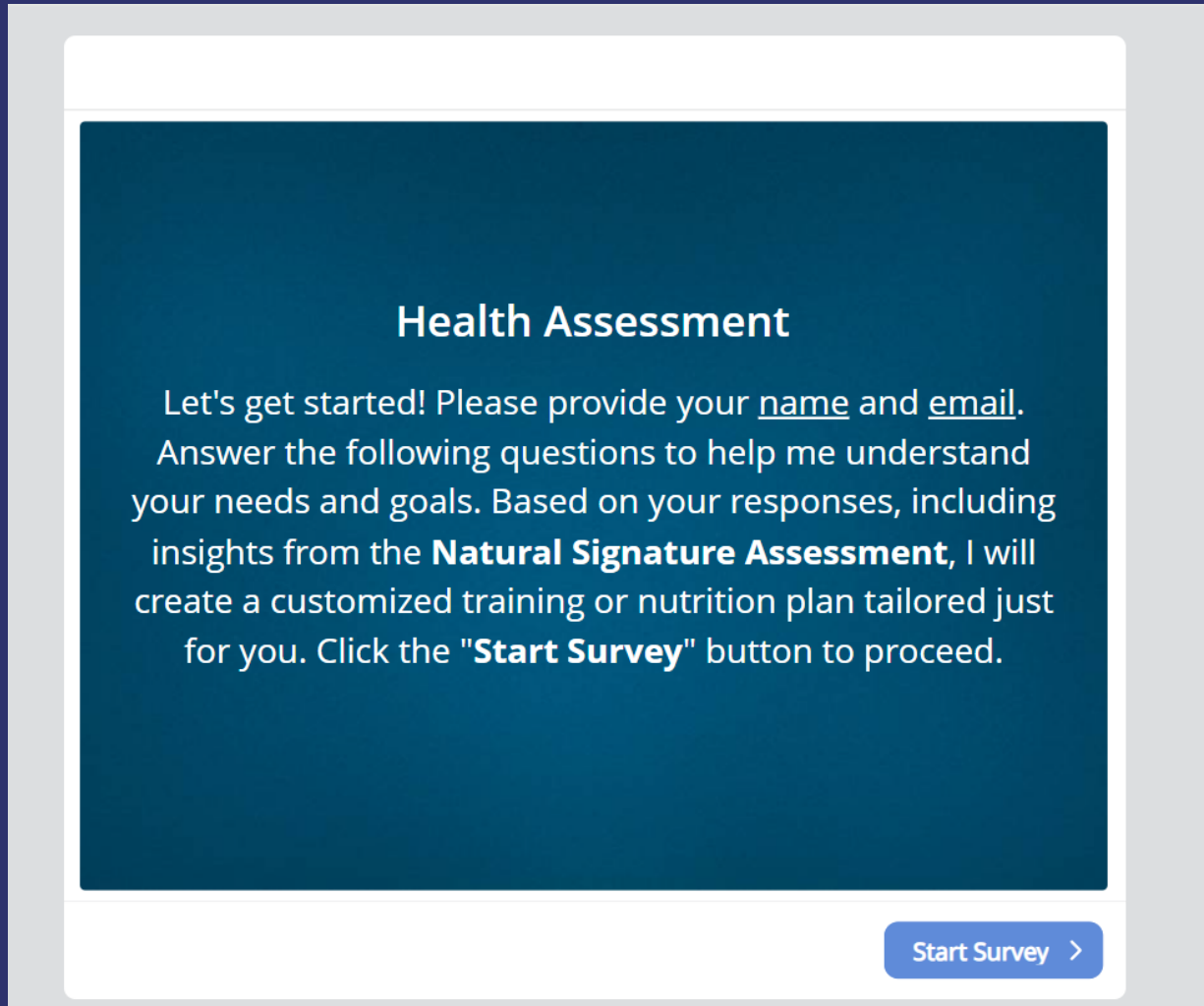
Welcome to the Natural Signature Assessment!

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 digital form titled "Health Assessment". The form has a white header and footer, and a large teal central area containing the text. At the bottom right of the teal area is a blue button with the text "Start Survey" and a right-pointing chevron. The entire form is set against a dark blue background with white geometric line art 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

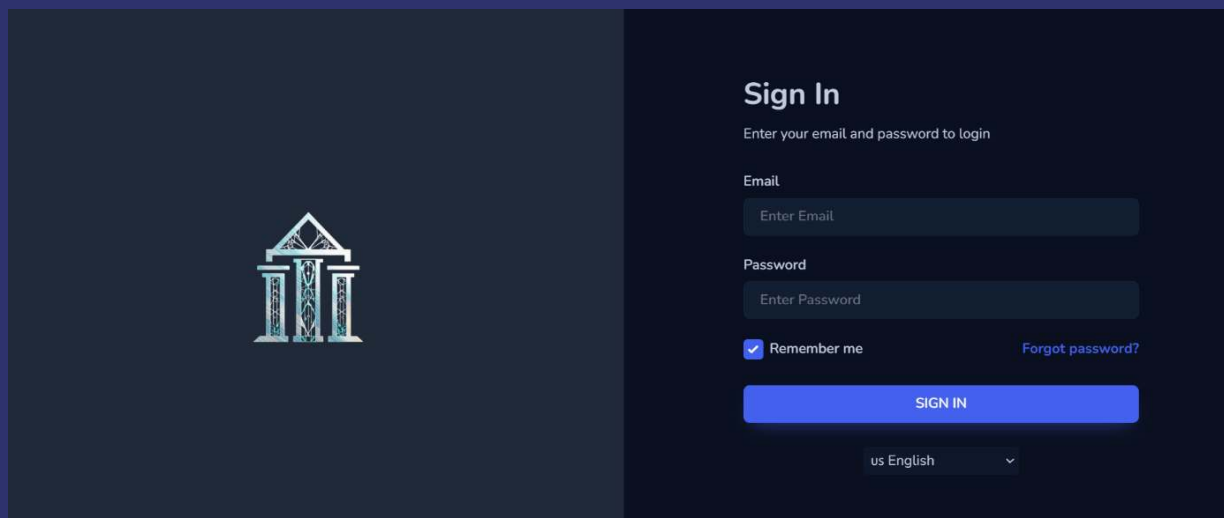
After you finish both assessments:


- 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

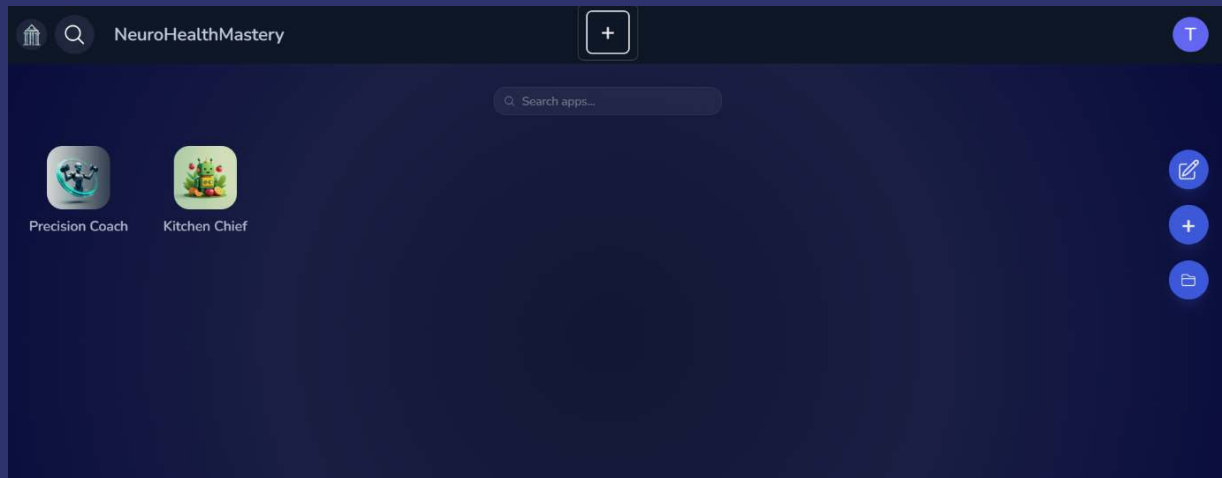
☒ Remember me [Forgot password?](#)

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



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.

