



Pre-Program Checklist

Please complete the steps below prior to your Day 0 call with your health coach.



1 Read Your Journal

Review the introductory pages in your journal to understand the program's essentials for a successful 60-day journey. Bring any questions to your Day 0 coaching call so our coaches can guide you effectively.



2 Set Up Your Smart Scale

Follow the included instructions to set up your scale, download the app, and input the necessary information. This setup allows coaches to view your initial metrics and help you interpret your progress throughout the program.



3 Complete Your Candida Test

Conduct your candida test before the Day 0 call, using the instructions provided. Be ready to share your results with your coach, who can walk you through the next steps if the test is positive.



4 Prepare for Success

Within your member portal zoewellness.com/get-started, you'll find a guide to optimizing your meal preparation with recommended tools and program-approved seasonings. Having these on hand will support your journey.