

Adaption Phase

Courses

All courses... ▾ Search courses... 🔍

Your Courses

SUBSCRIBERS ONLY

THE METABOLIC RESET

Metabolic Reset

82 Lessons - None

SUBSCRIBERS ONLY

THE METABOLIC RESET
Adaptation Phase

Metabolic Reset - Adaptation Phase

32 Lessons - None

SUBSCRIBERS ONLY

OFM™ METABOLIC HEALTH & PERFORMANCE PORTAL

OFM Metabolic Health & Performance Portal

8 Lessons - None

Other Courses

PREMIUM COURSE

OFM COACHING CERTIFICATION

NOT STARTED

OFM COACHING CERTIFICATION

Coach Training Portal

7 Lessons - None

Click on
Adaption Phase
Course to open it

If you have questions or find issue with the Portal please let us know by going to this page and providing as much info as possible: <https://ofm.io/contact/>

Metabolic Reset - Adaptation Phase

Learning Centre · [Metabolic Reset - Adaptation Phase](#)

Click here to get back to main page with all courses

Start Here for Overview & sign Terms and Conditions to open rest of program



While Live Calls are not part of the DIY past ones and any that may be done later will be here to view by all

 VIDEO/TEXT  GENERAL  33 LESSONS  0% NOT STARTED

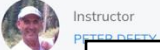
Ready? [Start Course](#) →

Metabolic Reset - Adaptation Phase	
Prerequisites	1 LESSON ...
Live Calls 2024	7 LESSONS ...
Adaptation Week 1	7 LESSONS ...

Week 1



0% NOT STARTED



Instructor
PETER DEFAY

1 LESSON
Prerequisites

0 Terms

7 LESSONS
Live Calls 2024

7 LESSONS
Adaptation Week 1

3 LESSONS
Adaptation Week 2

2 LESSONS
Adaptation Week 3

3 LESSONS
Adaptation Week 4

1 LESSON
Adaptation Week 5

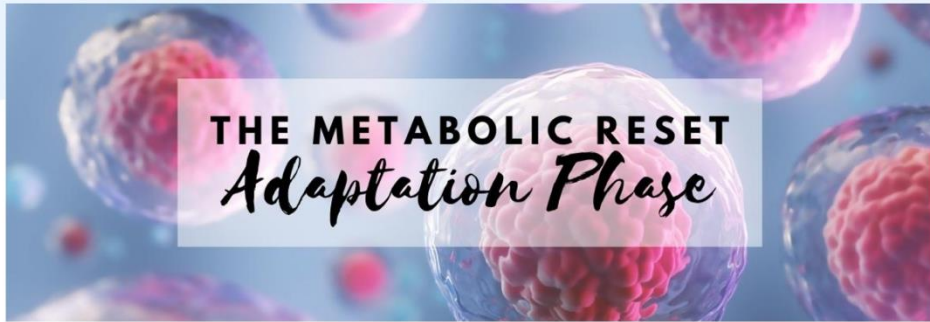
2 LESSONS
Adaptation Week 6

3 LESSONS
Adaptation Week 7

Click here to sign Terms & Conditions so can open rest of program

Prerequisites

Learning Centre · Metabolic Reset - Adaptation Phase · Prerequisites



About Prerequisites

Terms of Use
GO TO LESSON

Next Lesson →

Comments are closed.

THE METABOLIC RESET
Adaptation Phase

0% NOT STARTED

1 LESSON
Prerequisites

Terms of Use

7 LESSONS
Live Calls 2024

7 LESSONS
Adaptation Week 1

3 LESSONS
Adaptation Week 2

2 LESSONS
Adaptation Week 3

3 LESSONS
Adaptation Week 4

1 LESSON
Adaptation Week 5

2 LESSONS
Adaptation Week 6

3 LESSONS
Adaptation Week 7

2 LESSONS
Adaptation Week 8

Terms of Use

Learning Centre · Metabolic Reset - Adaptation Phase · Prerequisites · [Terms of Use](#)

IMPORTANT - In order to continue this course you need to sign our Terms of Use agreement. Using the form below you can review and sign the document to unlock the remainder of the content. Thank you.

Begin Signing ? help

PowerForm Signer Information

Fill in the name and email for each signing role listed below. Signers will receive an email inviting them to sign this document.

Please enter your name and email to begin the signing process.

Signer 1

Your Name: *

Your Email: *

Begin Signing

Fill out and electronically sign

Once signed and marked complete you can go to rest of program

Click "Mark Lesson Complete"
This will open rest of program

Mark lesson complete ✓

Powered by docuSign
English (US) Contact Us Terms of Use Privacy Intellectual Property Trust
Copyright © 2024 DocuSign, Inc. All rights reserved.

Comments are closed.

Adaptation Week 1

Learning Centre • Metabolic Reset - Adaptation Phase • [Adaptation Week 1](#)



Can Expand side panel here to see more – see next slide

Week 1 – Follow in order

About Adaptation Week 1

Welcome Message

[GO TO LESSON](#)

Entering the Adaptation Phase: Week 1 Priorities

[GO TO LESSON](#)

Week 1 Adaptation Training Goals

[GO TO LESSON](#)





0% NOT STARTED



Instructor
PETER DEFTY

1 LESSON

Prerequisites



7 LESSONS

Live Calls 2024



7 LESSONS

Adaptation Week 1



- Welcome Message
- Entering the Adaptation Phase: Week 1 Priorities
- Week 1 Adaptation Training Goals
- Finding your Carb Tolerance
- The Switch
- Strategic Carbs: Fueling
- Adaptation: Integration of Strategic Carbs into the Diet

3 LESSONS

Adaptation Week 2



2 LESSONS

Adaptation Week 3






Adaptation Week 1

Learning Centre • Metabolic Reset - Adaptation Phase • [Adaptation Week 1](#)



Good to scan the week ahead to be ready for what is to come

About Adaptation Week 1

- Welcome Message 
[GO TO LESSON](#)
- Entering the Adaptation Phase: Week 1 Priorities 
[GO TO LESSON](#)
- Week 1 Adaptation Training Goals 
[GO TO LESSON](#)



0% NOT STARTED



- 1 LESSON Prerequisites +
- 7 LESSONS Live Calls 2024 +
- 7 LESSONS Adaptation Week 1 +
- 3 LESSONS Adaptation Week 2 +
- 2 LESSONS Adaptation Week 3 +
- 3 LESSONS Adaptation Week 4 +
- 1 LESSON Adaptation Week 5 +
- 2 LESSONS Adaptation Week 6 +
- 3 LESSONS Adaptation Week 7 +
- 2 LESSONS Adaptation Week 8 +




Adaptation Week 1

Learning Centre • Metabolic Reset - Adaptation Phase • [Adaptation Week 1](#)



Week 1 -9 Will work to help you adapt the start you got with the MR

About Adaptation Week 1

- Welcome Message 
[GO TO LESSON](#)
- Entering the Adaptation Phase: Week 1 Priorities 
[GO TO LESSON](#)
- Week 1 Adaptation Training Goals 
[GO TO LESSON](#)