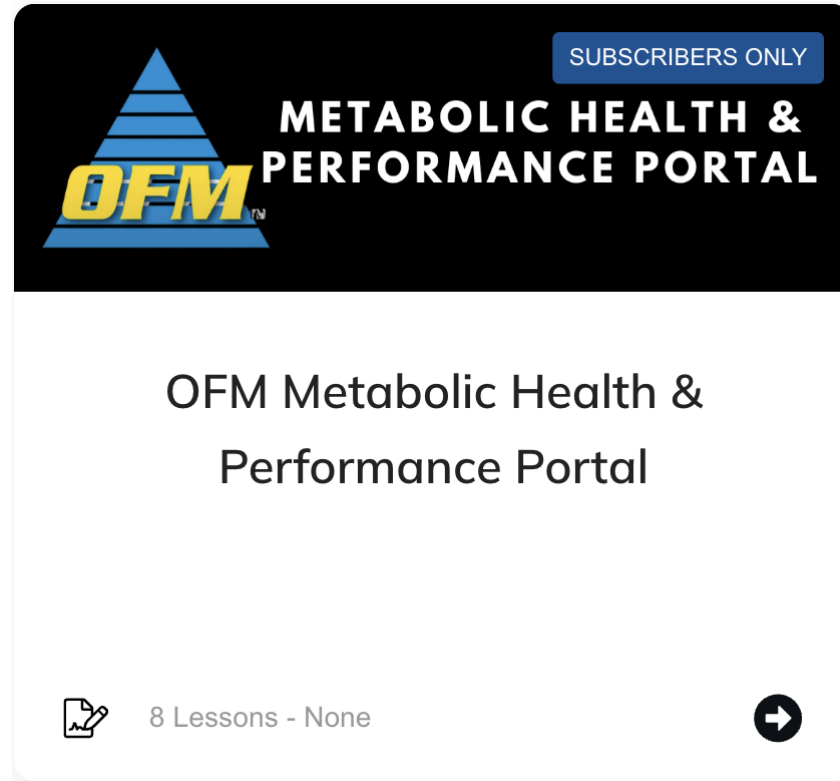


Learning Center
Metabolic Health & Performance Portal

- 1) [Logging in](#)
- 2) [Home Page](#)
- 3) [Terms of Use](#)
- 4) [Main Page](#)
- 5) [The Vault](#)
- 6) [Monthly Q&A Calls](#)
- 7) [Monthly Call Recordings](#)
- 8) [Expert Guest Calls](#)
- 9) [Submit Questions](#)
- 10) [Discount Vouchers](#)

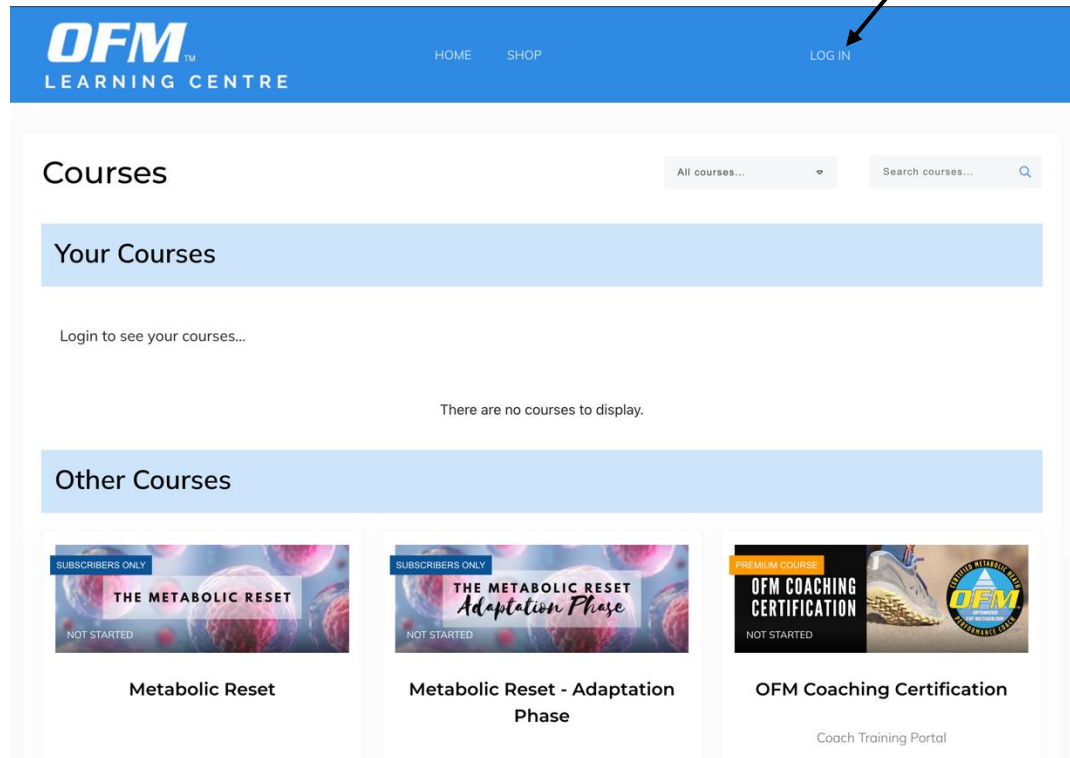


If you have questions or find issue with the Portal please let us know by going to this page and providing as much info as possible: <https://ofm.io/contact/>

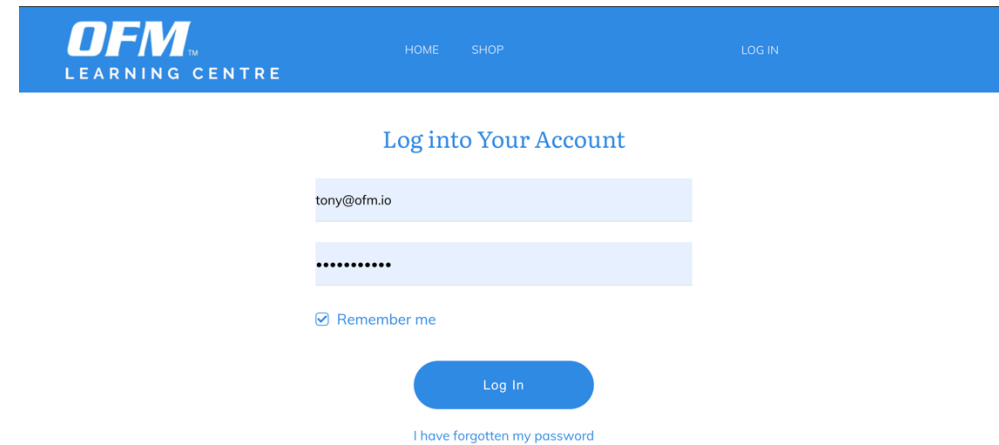
A Tour Of the Metabolic Heath & Performance Portal

Log in from: <https://learning.ofm.io/>

Click on Home

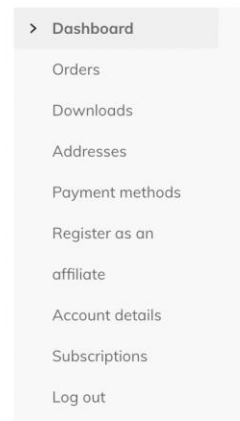
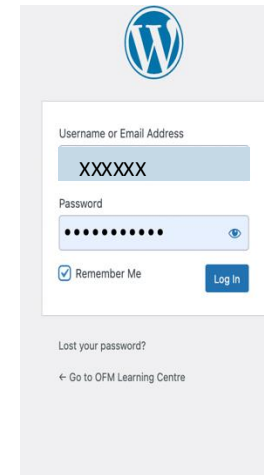
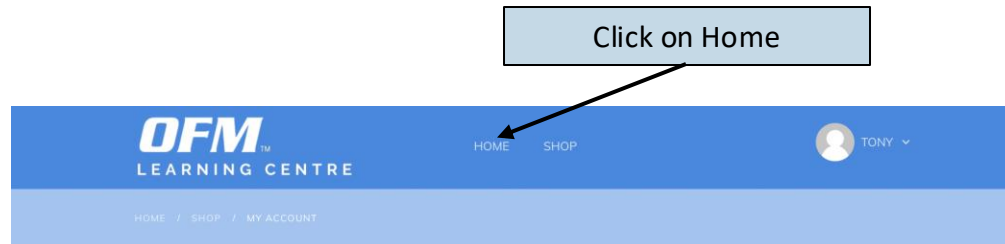


The screenshot shows the homepage of the OFM Learning Centre. The top navigation bar is blue with the OFM Learning Centre logo on the left and links for HOME, SHOP, and LOG IN on the right. Below the navigation bar, there is a 'Courses' section with a dropdown menu for 'All courses...' and a search bar for 'Search courses...'. The 'Your Courses' section is currently empty, displaying the message 'There are no courses to display.' Below this, the 'Other Courses' section features three course cards: 'Metabolic Reset' (Subscribers Only, Not Started), 'Metabolic Reset - Adaptation Phase' (Subscribers Only, Not Started), and 'OFM Coaching Certification' (Premium Course, Not Started). The OFM Coaching Certification card also includes a 'Coach Training Portal' link.



The screenshot shows the login page of the OFM Learning Centre. The top navigation bar is blue with the OFM Learning Centre logo on the left and links for HOME, SHOP, and LOG IN on the right. The main heading is 'Log into Your Account'. Below the heading, there are two input fields: one for the email address 'tony@ofm.io' and one for the password, which is masked with dots. There is a checked checkbox for 'Remember me' and a blue 'Log In' button. Below the button, there is a link for 'I have forgotten my password'.

Alternate log in: <https://learning.ofm.io/wp-login.php>



Hello **Tony Test** (not **Tony Test**? [Log out](#))

From your account dashboard you can view your recent orders, manage your shipping and billing addresses, and edit your password and account details.

Sign Terms of Service page first

The screenshot displays the OFM Learning Centre interface. At the top, a blue navigation bar contains the OFM Learning Centre logo, navigation links for HOME, SHOP, and OFM PORTAL, and a user profile for TONY. The main content area features a large banner for the 'OFM Metabolic Health & Performance Portal' with a 'Subscribers only' badge and a 'NONE' status. Below the banner, there are statistics for 'TEXT', 'GENERAL', '8 LESSONS', and '0% NOT STARTED'. A 'Ready?' prompt is followed by a 'Start Course' button. A sidebar menu is visible, with a callout box labeled 'Click here' pointing to the 'Terms of Use' link. Other menu items include 'Home', 'The Vault', and 'Monthly Q & A Calls', each with a 'GO TO LESSON' link and a blue circular icon.

OFM Learning Centre

HOME SHOP OFM PORTAL TONY

OFM Metabolic Health & Performance Portal

Learning Centre • OFM Metabolic Health & Performance Portal

Subscribers only NONE

METABOLIC HEALTH & PERFORMANCE PORTAL

TEXT GENERAL 8 LESSONS 0% NOT STARTED

Ready? Start Course

OFM Metabolic Health & Performance Portal

- Terms of Use
- Home
- The Vault
- Monthly Q & A Calls

Sign Terms of Service page first

The screenshot shows the OFM Learning Centre interface. At the top, there is a blue navigation bar with the OFM logo and 'LEARNING CENTRE' text. On the right side of the bar, there are links for 'HOME', 'SHOP', and 'OFM PORTAL', along with a user profile icon labeled 'TONY'. A left sidebar contains a '0% NOT STARTED' progress indicator and a list of menu items: 'Terms of Use', 'Home', 'The Vault', 'Monthly Q & A Calls', 'Monthly Call Recordings', 'Expert Guest Calls', 'Submit Questions', and 'Discount Vouchers'. The main content area is titled 'Terms of Use' and includes a breadcrumb trail: 'Learning Centre · OFM Metabolic Health & Performance Portal · Terms of Use'. A text box with the heading 'Instructions' has an arrow pointing to a paragraph that reads: 'IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.' Below this text is a blue 'Begin Signing' button and a help icon. A second text box, '1) Fill Out this section', has an arrow pointing to the 'PowerForm Signer Information' section. This section contains instructions to fill in names and emails for signers, followed by a 'Signer 1' section with two required input fields: 'Your Name: *' (Full Name) and 'Your Email: *' (Email Address). A third text box, '2) Click Here', has an arrow pointing to a blue 'BEGIN SIGNING' button at the bottom of the form. At the very bottom of the page, it says 'Powered by DocuSign' and provides a footer with 'English (US)', 'Contact Us', 'Terms of Use', 'Privacy', 'Intellectual Property', and 'Trust'.

Instructions

IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.

Begin Signing ? help

1) Fill Out this section

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: *

2) Click Here

BEGIN SIGNING

Sign Terms of Service page first

OFMTM
LEARNING CENTRE

HOME SHOP OFM PORTAL TONY

0% NOT STARTED

- Terms of Use
- Home
- The Vault
- Monthly Q & A Calls
- Monthly Call Recordings
- Expert Guest Calls
- Submit Questions
- Discount Vouchers

Terms of Use

Learning Centre · OFM Metabolic Health & Performance Portal · [Terms of Use](#)

IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.

Please Review & Act on These Documents

Peter Defty
Peter Defty

Click here after previous page

CONTINUE

Sign Terms of Service page first

The screenshot shows the OFM Learning Centre interface. At the top left is the logo for 'METABOLIC HEALTH & PERFORMANCE PORTAL OFM'. The main header is blue with 'OFM™ LEARNING CENTRE' on the left and navigation links 'HOME', 'SHOP', and 'OFM PORTAL' on the right. A user profile 'TONY' is visible in the top right. A progress bar on the left indicates '0% NOT STARTED'. A sidebar on the left contains a list of menu items: 'Terms of Use', 'Home', 'The Vault', 'Monthly Q & A Calls', 'Monthly Call Recordings', 'Expert Guest Calls', 'Submit Questions', and 'Discount Vouchers'. The main content area is titled 'Terms of Use' and includes a breadcrumb trail: 'Learning Centre · OFM Metabolic Health & Performance Portal · Terms of Use'. A text box states: 'IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.' Below this is a blue bar with a hamburger menu icon and a yellow 'NEXT' button. The main text contains several bullet points and lists of items to be signed for. At the bottom, there are fields for 'Signature:' (with a dropdown arrow) and 'Date:'. The signature is 'Tony Konvalin' and the date is '9/29/2024'. A callout box with the text 'Click here after previous page' has an arrow pointing to the 'NEXT' button.

0% NOT STARTED

Terms of Use

Home

The Vault

Monthly Q & A Calls

Monthly Call Recordings

Expert Guest Calls

Submit Questions

Discount Vouchers

OFM™ LEARNING CENTRE

HOME SHOP OFM PORTAL

TONY

Terms of Use

Learning Centre · OFM Metabolic Health & Performance Portal · [Terms of Use](#)

IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.

☰ NEXT

- My access and use of the content, programs, coaching/consulting and any other services is for my personal/individual use only.
- If I plan to use or emulate any of the content, programs, coaching/consulting and any other services whether paid, free or as part of my professional repertoire, I agree that I will contact OFM about Licensing of said content, programs, coaching/consulting or any other information or services offered by this site.
- The content, programs and other resources on this site and/or any other information provided by this site or anyone associated with this site are for informational purposes only and are not to be construed as medical advice.
- I acknowledge it is recommended to consult with my medical care provider(s) prior to making any changes including, but not limited to, the following:
 - Diet
 - Supplementation
 - Medicines, medical interventions, programs, protocols, procedures, devices, etc. that my medical care provider has me taking/using/following
 - Physical Activities
 - Lifestyle
- I acknowledge I and my situation are individual and dynamic thus requiring an individualized approach over a commoditized one.
- I am taking full responsibility for my thoughts, interpretations and actions, thus the consequences of them. Thus I "Hold Harmless":
 - OFM, Optimized Fat Metabolism (OFM)
 - Vespa Power Products (VPP)
 - Any person(s) associated with either entity (OFM and/or VPP) ◦ Products and/or services recommended or purveyed by or through either company (OFM and/or VPP) or any person(s) or entities associated with either OFM and/or VPP.

Signature: Date:

Tony Konvalin

9/29/2024

Click here after previous page

Sign Terms of Service page first

The screenshot shows the OFM Learning Centre interface. The top navigation bar is blue with the OFM logo and 'LEARNING CENTRE' on the left, and 'HOME', 'SHOP', 'OFM PORTAL', and a user profile 'TONY' on the right. A sidebar on the left lists navigation options: 'Terms of Use' (selected), 'Home', 'The Vault', 'Monthly Q & A Calls', 'Monthly Call Recordings', 'Expert Guest Calls', 'Submit Questions', and 'Discount Vouchers'. The main content area is titled 'Terms of Use' and includes a breadcrumb trail: 'Learning Centre · OFM Metabolic Health & Performance Portal · Terms of Use'. A prominent message states: 'IMPORTANT - First step is to sign our terms of use below. When you sign, press the Mark Lesson Complete Button underneath to unlock the membership.' Below this is a blue bar with a yellow 'NEXT' button. The terms of use text includes: 'The content, programs and other resources on this site and/or any other information provided by this site or anyone associated with this site are for informational purposes only and are not to be construed as medical advice.'; 'I acknowledge it is recommended to consult with my medical care provider(s) prior to making any changes including, but not limited to, the following: Diet, Supplementation, Medicines, medical interventions, programs, protocols, procedures, devices, etc. that my medical care provider has me taking/using/following, Physical Activities, Lifestyle'; 'I acknowledge I and my situation are individual and dynamic thus requiring an individualized approach over a commoditized one.'; and 'I am taking full responsibility for my thoughts, interpretations and actions, thus the consequences of them. Thus I "Hold Harmless": OFM, Optimized Fat Metabolism (OFM), Vespa Power Products (VPP), Any person(s) associated with either entity (OFM and/or VPP) - Products and/or services recommended or purveyed by or through either OFM and/or VPP or any person(s) or entities associated with either OFM and/or VPP.' There is a signature field with a 'Sign' button, a date field, and a 'Mark lesson complete' button at the bottom right. A comment icon is also visible. At the bottom, it says 'Comments are closed.'

Click here after previous page

After clicking this will take you to Portal Home Page

From this screen you can go to the course/module you have purchased for this effort we are going to look at the Metabolic Health & Performance Portal

What you will see when entering Learning Center each time

The screenshot displays the OFM Learning Centre interface. At the top is a blue navigation bar with the OFM Learning Centre logo on the left and links for HOME, SHOP, and OFM PORTAL in the center. On the right of the navigation bar is a user profile icon labeled 'TONY'. Below the navigation bar is a 'Courses' section with a dropdown menu set to 'All courses...' and a search bar. Underneath is a 'Your Courses' section featuring three course cards. The first card is 'Metabolic Reset' with 82 lessons. The second is 'Metabolic Reset - Adaptation Phase' with 32 lessons. The third is 'OFM Metabolic Health & Performance Portal' with 8 lessons. A line from the text box above points to this third card. Below the 'Your Courses' section is an 'Other Courses' section, which currently shows one card for 'OFM Coaching Certification'.

Metabolic Health
& Performance
Portal Main Page

May see this site when
visiting in the future after
signing “Terms of Use”

The screenshot shows the OFM Learning Centre website. The top navigation bar is blue with the OFM Learning Centre logo on the left and links for HOME, SHOP, and OFM PORTAL on the right. A user profile icon labeled 'TONY' is also present. The main heading is 'OFM Metabolic Health & Performance Portal'. Below this, there is a large black banner with the OFM logo and the text 'METABOLIC HEALTH & PERFORMANCE PORTAL'. The banner also includes 'Subscribers only' and 'NONE'. Below the banner, there are four circular icons: 'TEXT', 'GENERAL', '8 LESSONS', and '0% NOT STARTED'. A 'Ready?' section features a blue 'Start Course' button. At the bottom, a list of sections is shown: 'Terms of Use', 'Home', 'The Vault', and 'Monthly Q & A Calls', each with a 'GO TO LESSON' link and a blue circular icon. An arrow points from the text 'You can click on the sections here or click on Home and go from there – see next page' to the 'Home' section in the list.

You can click on the sections here or click on Home
and go from there – see next page

Home Page for Portal

Following slides will look at each section

Click here to get back to Portal Home Page

OFM™
LEARNING CENTRE

HOME SHOP OFM PORTAL TONY ▾

Home

Learning Centre · OFM Metabolic Health & Performance Portal · [Home](#)

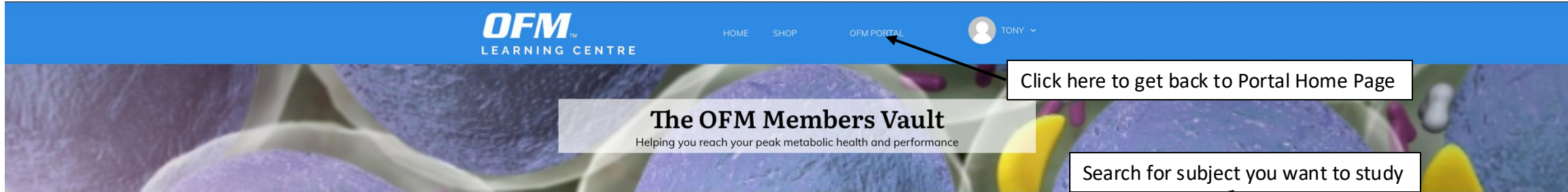
Welcome to the OFM Membership Platform. This is going to be the single most important tool that you will use to help you in your Metabolic Health journey.

The Vault *Monthly Calls* *Expert Guests*

- Terms of Use
- Home
- The Vault
- Monthly Q & A Calls
- Monthly Call Recordings
- Expert Guest Calls
- Submit Questions
- Discount Vouchers

The Vault

This is a key page for information



Click here to get back to Portal Home Page

Search for subject you want to study

Good starting articles to read



**The OFM Approach:
Addressing the Unseen
Foundational Elements of
YOUR Health**

[Read More](#)



**Concentrated Carbohydrat
es = Sugar**

[Read More](#)



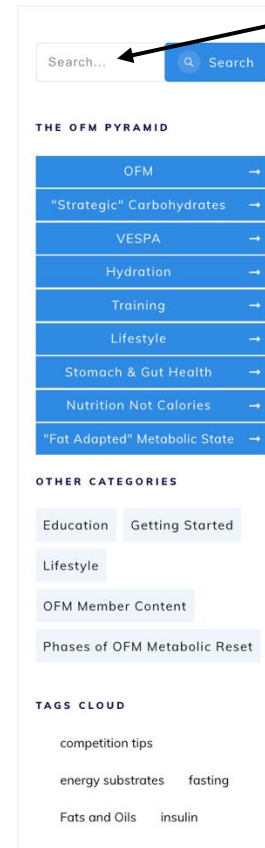
How to use VESPA

[Read More](#)



VESPA FAQ's

[Read More](#)



OFM Pyramid

See [next slide](#)
for what a
page looks like
for a topic

At bottom of a
page is a place
to leave a
message - [see
this slide for
example](#)

The Vault

Bottom of The Vault Page



VESPA Overview

[Read More](#)



Vespa use during Phase 2: Adaptation

[Read More](#)

First < 1 2 ... 16 > Last

Get in touch

To contact us with questions can do so here

Name*

Email*

Message

[Send Message](#)

The Vault

OFM Pyramid Strategic Carbohydrates page

Articles related to
Strategic Carbohydrates

MOST RECENT



Overview Tier #7: "Strategic" Carbohydrates

[READ MORE](#)



Strategic Carbs during The Metabolic Reset

[READ MORE](#)



Strategic Carbohydrates During the Integration Phase

[READ MORE](#)



Strategic Carbohydrates During the Adaptation Phase

[READ MORE](#)



Search...

THE OFM PYRAMID

- [OFM](#) →
- ["Strategic" Carbohydrates](#) →
- [VESPA](#) →
- [Hydration](#) →
- [Training](#) →
- [Lifestyle](#) →
- [Stomach & Gut Health](#) →
- [Nutrition Not Calories](#) →
- ["Fat Adapted" Metabolic State](#) →

OTHER CATEGORIES

- [Education](#)
- [Getting Started](#)
- [Lifestyle](#)
- [OFM Member Content](#)
- [Phases of OFM Metabolic Reset](#)

TAGS CLOUD

- competition tips
- energy substrates
- fasting
- Fats and Oils
- insulin

Monthly Q & A Calls

- These calls are a great place to ask questions
- Also we will have a guest on every now and then or will often focus on a subject we will announce

The screenshot shows the OFM Learning Centre website. The header is blue with the OFM logo and navigation links: HOME, SHOP, OFM PORTAL, and a user profile for TONY. The left sidebar contains a menu with items: Terms of Use, Home, The Vault, Monthly Q & A Calls (highlighted), Monthly Call Recordings, Expert Guest Calls, Submit Questions, and Discount Vouchers. The main content area is titled "Monthly Q & A Calls" and includes a breadcrumb trail: Learning Centre > OFM Metabolic Health & Performance Portal > Monthly Q & A Calls. Below the title, there is a link to the portal call: <https://us02web.zoom.us/j/87547425707?pwd=bzRER1ZLS3JSc2Jub3FveEpZMnpsdz09>. A box labeled "Link to Portal Call" with an arrow points to this link. Below the link is a "Schedule" section listing dates and times for the calls: Wednesday - 11th October, 2023 - 4pm PST / 6pm CST / 7pm EST; Wednesday - 8th November, 2023 - 4pm PST / 6pm CST / 7pm EST; Wednesday - 13th December, 2023 - 4pm PST / 6pm CST / 7pm EST; Wednesday - 10th January, 2024 - 4pm PST / 6pm CST / 7pm EST; Wednesday - 14th February, 2024 - 4pm PST / 6pm CST / 7pm EST; Wednesday - 13th March, 2024 - 4pm PST / 6pm CST / 7pm EST. At the bottom, a note states "Comments are closed."

- This page has the link to the monthly call that is on the 2nd Wednesday of the month at 4PM PST
 - You should also get an email with a reminder of this call – let us know if you are not getting them
- The dates shown here will be updated but, again, you can put this on your schedule for the 2nd Wednesday of the month at 4pm PDT

Monthly Call Recordings

- If you missed the Monthly Q & A calls you can watch the recorded call here
- If we have a specific guest on the call it will be on the [Expert Guest Calls](#) page

The screenshot shows the OFM Learning Centre website. The header is blue with the OFM logo and navigation links: HOME, SHOP, OFM PORTAL, and a user profile for TONY. The main content area is titled 'Monthly Call Recordings' and contains a list of 13 call recordings, each in a blue bar with a plus icon and the call title and date. The call recording for 'Call 12 - May 2024' is highlighted. A callout box with the text 'Click here to expand call and see the video' points to this call recording.

0% NOT STARTED

Terms of Use

- Home
- The Vault
- Monthly Q & A Calls
- Monthly Call Recordings
- Expert Guest Calls
- Submit Questions
- Discount Vouchers

OFM™
LEARNING CENTRE

HOME SHOP OFM PORTAL TONY

Monthly Call Recordings

Learning Centre · OFM Metabolic Health & Performance Portal · Monthly Call Recordings

- Call 13 - June 12th 2024
- Call 12 - May 2024
- Call 11 - April 10th 2024
- Call 10 - March 13th 2024
- Call 9 - February 14th 2024
- Call 8 - January 10th 2024
- Call 7 - December 13th 2023
- Call 6 - November 8th 2023
- Call 5 - October 11th 2023
- Call 4 - September 13th 2023

Click here to expand call and see the video

Expert Guest Calls

- If we have an Expert Guest that call recording will be on this page

The screenshot displays the OFM Learning Centre website. The header includes the OFM logo and navigation links for HOME, SHOP, OFM PORTAL, and a user profile for TONY. A left sidebar contains a menu with items like Terms of Use, Home, The Vault, Monthly Q & A Calls, Monthly Call Recordings, Expert Guest Calls, Submit Questions, and Discount Vouchers. The main content area is titled 'Expert Guest Calls' and features a list of recordings. The first recording, 'Ketone Summit - Full Recording', is expanded to show a video player. The video player displays a welcome message for the 'Ketone Performance Summit' and provides details such as the start time (4pm PST / 6pm CST / 7pm EST) and instructions for participation. A callout box with an arrow points to the video title, containing the text: 'Click here to expand call and see the video'. Below the video player, another recording titled 'Special Call - Mental Health with Dr. William Sauve' is visible. At the bottom of the page, a note states 'Comments are closed.'

Submit Questions Page



0% NOT STARTED



Instructor
JOHN DIONYSIOU

- Terms of Use
- Home
- The Vault
- Monthly Q & A Calls
- Monthly Call Recordings
- Expert Guest Calls
- Submit Questions
- Discount Vouchers



Submit Questions

Learning Centre · OFM Metabolic Health & Performance Portal · [Submit Questions](#)

Here is where you can submit your questions for the next Q & A. We may also create a new video before the Q & A if the question is particularly in-depth or beneficial to the whole group.

Leave a Reply

Logged in as TonyTest. [Logout?](#)

Comment

Post Comment

Discount Vouchers



0% NOT STARTED

Terms of Use

Home

The Vault

Monthly Q & A Calls

Monthly Call Recordings

Expert Guest Calls

Submit Questions

Discount Vouchers

Discount Vouchers

Learning Centre • OFM Metabolic Health & Performance Portal • [Discount Vouchers](#)

Vespa Discounts

To claim your 15% Discount on Vespa at www.vespapower.com you can use the voucher **ofmportal15** on checkout or simply click on the link below and you will go straight to the shop and have the coupon automatically applied.

<https://vespapower.com/coupon/ofmportal15/>

Learning Centre Discounts

Voucher coming soon.

Mark lesson complete

