

THE PEAK METHOD

Mike's Reclaim Performance Coaching

Rise • Reclaim • Resilient

A 4-Month Transformation. 3 More Months to Make It Permanent.

This isn't a program that ends the moment you hit your goal. It's built in four phases, then backed by three additional months of support so the results actually stick.

This program builds a real nutritional foundation — without stripping away all the foods you enjoy. You'll still make room for what you love — paired with monthly at-home biomarker testing, so progress is measured, not guessed.

The Climb: 4 Phases to the Summit

Weeks 1–4 — Basecamp

Every climb starts with a solid foundation. This phase resets the basics — habits, baseline, and mindset — so everything after it holds.

Weeks 5–8 — The Ascent

Momentum phase. Strength builds, energy shifts, and the changes start showing — to you and everyone around you.

Weeks 9–12 — The Push

The hardest stretch of any climb — and where most people quit without a guide. This is where the real transformation happens.

Weeks 13–16 — The Summit

Peak conditioning. This is the proof — the version of you this whole program was built to reveal.

After the Summit: 3 months of continued support to lock the transformation in for good.

Ready to see if this fits your goals?

DM me and let's talk specifics.

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