

# Nutritional Guidance & Coaching Program

## SILVER

- Daily Lessons & Check-Ins
- Quick Start Guide
- 24/7 Online Coach Availability
- Private Facebook Group Access

Monthly Progress & Goals Call

Kitchen Makeover

Gourmet Nutrition Cookbook

## GOLD

- Daily Lessons & Check-Ins
- Quick Start Guide
- 24/7 Online Coach Availability
- Private Facebook Group Access

Monthly Progress & Goals Call

Kitchen Makeover

Gourmet Nutrition Cookbook

## PLATINUM

- Daily Lessons & Check-Ins
- Quick Start Guide
- 24/7 Online Coach Availability
- Private Facebook Group Access

Monthly Progress & Goals Call

Kitchen Makeover

Gourmet Nutrition Cookbook

ANNUAL PLAN

**\$359**

\$109 Savings!

MONTHLY PLAN

**\$117** for first  
3 months  
then only

**\$39**/month  
thereafter

ANNUAL PLAN

**\$539**

\$169 Savings!

MONTHLY PLAN

**\$177** for first  
3 months  
then only

**\$59**/month  
thereafter

ANNUAL PLAN

**\$799**

\$269 Savings!

MONTHLY PLAN

**\$267** for first  
3 months  
then only

**\$89**/month  
thereafter

Are you tired of trying diet after diet and not getting results? Do you spend time wishing you could be in better shape but you just don't know where to start? Are you wondering if nutrition coaching could be right for you?

First, let me tell you what the Nutritional Guidance Program is NOT...

It's not a cleanse, a quick fix or a "lose 10 pounds in 3 days!" diet. I don't give you restrictive meal plans or tell you that you can't enjoy your favorite foods ever again. And, NO more obsessive calorie counting!

What Nutritional Guidance IS... a client-centered program that helps you attain YOUR health & fitness goals by building a foundation of healthy lifestyle behaviors one habit at a time, giving you long-lasting and sustainable RESULTS. You will work online directly with me to help you determine the best path for YOU, keeping track of your process with Precision Nutrition's interactive Procoach platform.

Though I STRONGLY suggest allowing yourself the full duration of the program, I understand that committing to a year upfront isn't always possible. In the interest of providing you with the best chances possible to achieving your health and fitness goals and with the understanding that it takes time to build healthy lifestyle habits, I do require a 3 month commitment, paid at time of sign up.

 ProCoach

 Certified Coach | 2



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Personal Training | Pilates

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