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INTAKE FORM (the essential information)

COACHING PROGRAMS

HOW TO APPLY FOR COACHING

1. Copy this document
2. Fill in your name, email and goal
3. Complete the intake form
4. Download as PDF and email to me elsahun.961@gmail.com
5. Subject line of email: COACHING APPLICATION, [your name]

YOUR NAME AND EMAL

Name:

Email:

Goal:

HOW TO CONTACT ME:

Email: elsahun.961@gmail.com

Instagram message: <https://www.instagram.com/nutritionbyelsa/>



CALL, QUESTIONS + NOTES

*please specify your question and concerns here prior to our call

Questions I may ask you in our first call

- 1, what do you want to get out of this call
- 2, what is your goal in the next 3 months and next year
- 3, how do you feel stuck, what do you feel frustrated with
- 4, what do you admire in others (lifestyle, physique, health, energy, mood etc.,)
- 5, what have you tried before that did not work
- 6, tell me about your dietary habits

Notes / Action plan

*In the last few minutes of our call we collaborate on your personalised action plan → do not forget, apart from your call you have open Q/A access to message me with questions, comments, concerns or updates for 30 days following our call, please take advantage of this! This is how I can best ensure you see consistent progress and maintain motivation while following your action plan.



INTAKE FORM (the essential information)

Why exactly and specifically did you book this call

GOALS

Goals over the next 3 to 6 months...

Goals over the next years... this is what I want for life

Biometrics + Data

Height:

Weight:

BMI:

Do you have any health conditions, allergies, food sensitivities, are you on medications

Food + Nutrition

Supplements I take are...

Breakfast looks like...

Lunch looks like...

Dinner looks like...

Snacking (chips, fruit, veggies, chocolate, ice cream, crackers) looks like...



Drinks (coffee, juice, milk, soda) look like...

Activity (please indicate days / week of each)

running/ hiking/ biking/ swimming

Days / week: 1 - 2 - 3 - 4 - 5 - 6 - 7

powerlifting/ bodybuilding/ strength training

Days / week: 1 - 2 - 3 - 4 - 5 - 6 - 7

walking/ yoga

Days / week: 1 - 2 - 3 - 4 - 5 - 6 - 7

Diet history

Do you track calories or macros, please detail them below

Have you ever dieted before?

What were the results?

Do you tend to diet, lose weight then regain weight?

Have you ever been severely underweight?



THE FINE PRINT

COACHING PROGRAMS

- Meal plan \$120

If you just want someone to tell you how to eat for X results

- 2 calls (30 minute) + 5 day meal plan and grocery list
- Call 1 = understanding your diet, lifestyle and needs
- I write meal plan
- Call 2 = check in 2 weeks later, update meal plan if necessary

- 4 week program \$310

For general health goals, a meal plan and resolving bloating, skin issues, stubborn body fat

- 4 calls (40-60 minutes) + meal plan, training program
- Calls consist of Ask me Anything (AMA), lifestyle and habit coaching, meal plan building, check-ins, supplement audit

- 12 week program \$760

You have serious weight loss goals, you have tried everything but nothing has worked... choose this

- 6 calls (40-60 minutes) + meal plan, training program
- Calls consist of Ask me Anything (AMA), lifestyle and habit coaching, meal plan building, check-ins, supplement audit
- Progress is closely followed, requires a nutrition tracking app (ex., My Fitness Pal or Cronometer) and physique check ins (weight, measurements or progress pics)

PAYMENT

- Payment to be made through E-Transfer to my email or invoicing through PayPal
- **Payments are to be completed on the day of our call, I will send an invoice prior to the call and this can be fulfilled by you either before or after**
- Rates are set in USD and include the call time, the work I do before hand in preparation and the 30 day open access Q&A privilege

Nutrition By Elsa

- **I am a certified NASM Physique and BodyBuilding coach, I am in my final year completing my B.Sc. in Food, Nutrition and Health at UBC Vancouver with a focus on biochemistry.**
- You can learn more about how I approach health, fitness and wellness by looking at my YouTube (<https://www.youtube.com/channel/UCgQ9EupgSEsq2EmdyvSATjA>) or reading my books at NutritionByElsa.com