

Nutrition Coaching & Accountability Program

This nutrition coaching program is designed to provide structured nutritional guidance, accountability, education, and sustainable habit development. Unlike generic meal plans or restrictive fad dieting approaches, this program focuses on realistic lifestyle integration tailored to the individual's goals, schedule, preferences, and overall health needs.

What's Included

- Customized nutrition and meal planning
- Meals tailored to the individual's lifestyle, likes, dislikes, and schedule
- Four separate weekly meal rotations for increased variety and adherence
- Calorie and portion guidance
- Macro-nutrient awareness and nutritional education
- Grocery guidance and food substitutions
- Dining out and restaurant recommendations
- Hydration guidance
- Habit and behavioral coaching
- Energy, hunger, recovery, and adherence tracking
- Daily accountability check-ins through the coaching app
- Direct messaging support within the app
- Initial 30-minute nutrition consultation
- Weekly 10-minute Zoom accountability and progress check-ins
- Meal plan adjustments based on feedback, progress, and adherence
- Education focused on sustainability and long-term success
- Structured guidance designed to build lifelong healthy habits

Program Pricing & Commitment Options

Program Length	Total Investment	Monthly Equivalent
30-Day Commitment	\$349	\$349/month
60-Day Commitment	\$599	\$299/month
90-Day Commitment	\$799	\$266/month

Why Longer-Term Commitment Matters

Meaningful physical and behavioral transformation does not happen overnight. While a 30-day commitment is an excellent starting point to establish momentum, improve awareness, and begin building healthier habits, long-term success is typically achieved through consistency over time. Real-world coaching experience consistently demonstrates that sustainable weight loss and lasting behavioral change require repetition, accountability, and gradual habit development. The first 30 days are often focused on: •

Establishing consistency and structure

- Improving awareness around eating habits
 - Building accountability and compliance
 - Adjusting to healthier routines and behaviors
- The following 60–90 days are where: • Habits become more automatic and sustainable
- Body composition changes become more noticeable
 - Energy and performance improvements become more consistent
 - Confidence and nutritional independence increase
 - Long-term lifestyle behaviors become reinforced
- For this reason, longer commitments are strongly encouraged for individuals seeking lasting transformation rather than temporary results.

Program Philosophy

This coaching program is designed to provide structure, support, accountability, education, and sustainability in a realistic manner. The goal is not simply short-term weight loss, but the development of healthier long-term habits that positively impact overall health, body composition, performance, energy levels, confidence, and quality of life.