

HOW DOES 1-ON-1 NUTRITION COACHING WORK?



STEP 1

Decide to Transform Your Life & Sign Up.

You've got goals – we'll help you get there. Why wait any longer? Get the 1-on-1 nutrition coaching you deserve by signing up today.



STEP 2

Create Your Account.

Once you've paid for your first month, you'll create a personal account through our custom nutrition coaching app, Seismic!



STEP 3

Fill Out Your Profile.

Tell us a bit about yourself and your goals. How often do you workout? What's your current nutrition like? What are you hoping to get from working with us? You will also submit your before photos and measurements.



STEP 4

We'll Pair You With a Coach.

Within the next 24 – 48 hours, a member of our team personally reviews your questionnaire, profile and goals.



STEP 5

Receive Your Nutrition Plan.

Your nutrition coach reviews your profile and sends you a custom nutrition program with instructions, strategies and advice for your first week.



STEP 6

Check In Weekly.

Each week, you'll have an official check-in with your coach to measure progress, talk about your week and make adjustments to your program. This accountability and support is going to be the key to your success.



STEP 7

Let Your Coach Get to Know You.

You can message your coach anytime! The conversation doesn't stop at the check-ins. Think of your coach as your ultimate penpal — one who will make sure you're always supported, motivated and equipped to stay on the path to progress.



STEP 8

Enjoy Sustainable Success.

As you work toward your ultimate goals, you'll learn a ton about your nutrition, your body and yourself in general — leaving you with the knowledge and skills to continue leading a healthy, happy life.