



Lifestyle Coaching

- 1:1 coaching
 - Learn how to master your nutrition without the struggle and overwhelm.
 - Receive strategy, proven tools, and support for any challenge you're facing through unlimited access to my WhatsApp throughout the week.
- Group coaching
 - Same as above except in a group message (rather than direct message).

Customized Macros

- Your macros will be set to achieve your personal goals. I will adjust them as needed throughout the program to ensure you are seeing great results week after week.
- I will teach you how to track macros, create quality meals, choose healthy food options, and have balance to enjoy your lifestyle.

Weekly Check-Ins

- Complete a virtual check in including measurements, weight, photos, & lifestyle questions to receive support and accountability in the areas needed. I will also analyze your check-in data weekly to determine if changes on my end need to be made. Check ins are a great tool to use as a self assessment, and are also great for us to touch base regarding anything you need for that week.

Workouts (w/ Form Help)

- Your weightlifting (& minimal cardio) program will be designed to shape your body to be feminine, lean, and toned while you become stronger and more fit.
- I can work around the equipment you have access to so you can see great results while you gain more confidence in your skin (DBs and bands are a minimum requirement).