

MomFit Transformation Blueprint

Calorie and Macros Calculator



For the busy
moms trying to
lose weight
and feel sexy
again!



Hello and welcome! I'm Coach Sarah, and I've got a calorie and macros calculator for you that will help you figure out your caloric and macros goal. This will get you moving on your weight loss journey!

Having this information will help you figure out what and how much you need to be eating to lose weight.



A little about myself... I am a Doctor of Physical Therapy and Certified Personal Trainer. I'm also a formerly overweight mother and true fitness enthusiast! I know the ins and outs of the human body and what it takes to achieve weight loss when you don't have much time to spare in the day.

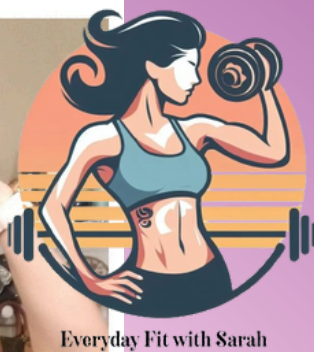
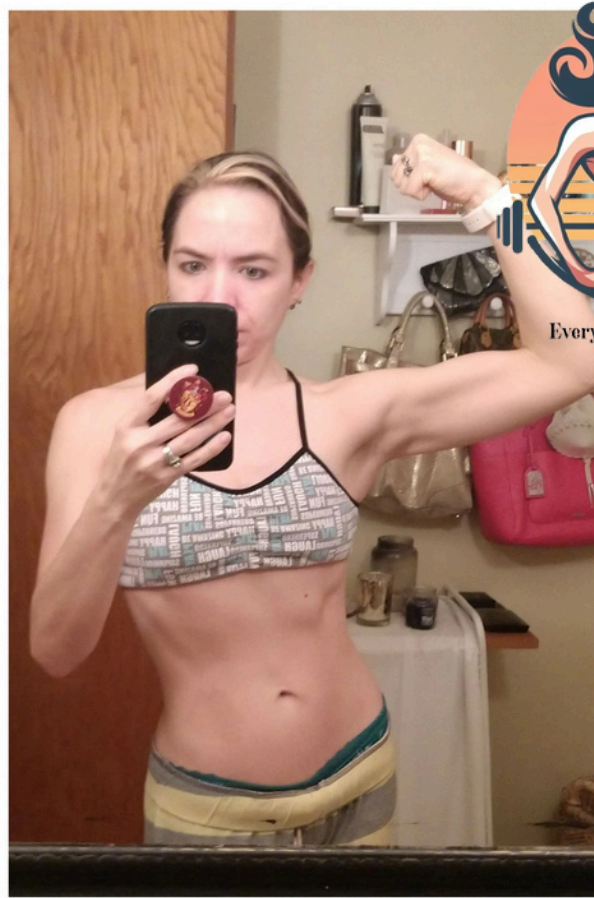
Tracking your intake and maintaining a calorie deficit is imperative to losing weight.

The Calculator:



Everyday Fit with Sarah

Click [Here](#) for the
macros/calorie calculator.



Ready to take it to the next level?

This is just a tiny sliver of what
you can expect with my MomFit
Transformation Blueprint.

Ready to learn more and explore how I
can help you lose that weight to make
you feel sexy again?

Click below to schedule a free
consultation!

[Schedule Here](#)

everydayfitwithsarah.com