



# ALIGNED ACCOUNTABILITY METHOD





This program was designed for women who are ready to show up in their lives as the healthiest and happiest versions of themselves. It's for women who want to achieve and maintain a healthy weight without dieting, deprivation, or obsessing over food.

Over 12 weeks, I'll teach you the foundational skills you need in order to eat healthy for the rest of your life and be at your healthiest weight.

I will hold space for you to practice these skills and provide you the necessary accountability and support for those skills to become your new daily habits.



# introductions

## SO NICE TO MEET YOU!



People often refer to me as a nutrition nerd. I'm the one who brings veggies and hummus to potlucks (just to make sure there's at least one healthy option available – and, you're welcome).

My passion for health and my genuine love of food led me to the Canadian School of Natural Nutrition. There, I completed a Diploma in Holistic Nutrition and graduated with honors. Since then, I have formed a nutrition practice focused on accountability.

Early on in my career, I recognized that many of my clients already had a pretty good idea of what they needed to eat, but what they actually needed support with was staying the course! What happens when you get bored, distracted, have a bad run of eating, get complacent, or run out of patience? Healthy eating is an endurance sport, and I help ladies stay motivated, inspired and have some fun while doing it!

When I'm not coaching, eating, or trying out a new recipe, you can find me at the "barre" or watching my favorite reality TV program, Below Deck!

*Stacy Gates Xx*



# ABOUT *The Method*

## **This is right for you IF:**

- You're tired of yo-yo dieting but want an effective alternative to lose (and then maintain) a healthy weight for life
- You're prepared to ditch "quick-fix" and get lean and healthy the right way
- You value well-being over thinness
- You want to heal your relationship with food
- You know you would benefit from accountability in a positive, supportive and safe environment
- You are tired of being told "what to do" and would like to learn how to create your own food rules and boundaries
- You're ready and able to commit to yourself emotionally and financially

## **Explain the "Aligned" part...**

We all have different values, and those values get reflected in our food choices. Sometimes we have competing choices, and knowing what we value MOST at any given time can be really helpful.

At the beginning of our time together, I will be asking you to identify 3-6 values that are most important to you in the Intake Form.

We will USE the answers to the questions in our time together to help make the best choices that align most closely with your goals and your values!

## **Accountability...**

Accountability is quite often the missing piece for a lot of women in creating and maintaining skills and habits. I will hold space for you in a safe, positive, fun, yet high expectation environment. You will be challenged in the best way possible.



# HOW IT WORKS

01

**use a simple photo food-journaling app** to track food, drink, activity. I see it all and you see what I eat.

02

**work on weekly skills** each week a new healthy eating skill will be introduced and we will practice it together.

03

**complete detailed weekly accountability forms** (with an option to track your weight and measurements)

04

**coaching calls** get support on weekly zoom coaching calls and biweekly or weekly private calls. Dig into the skills! Work it!

05

**receive daily texts** (Canada & US) serving as encouragement and motivation.

06

**community support** FB group page, weekly zoom call, chat on the app, share challenges and wins!





# COACHING CALLS

---

## Group Coaching Calls

These calls will take place every Monday at 6:30 PM MST via Zoom. You will be sent a text with a link to join the zoom call 15-minutes before the start of each call.

They will all be recorded but your participation is strongly encouraged!

## Private Coaching Calls

These calls will be booked through my online scheduling software:  
<https://calendly.com/stacyyatesnutrition/coaching-call>

I have spots open for calls on Mondays, Tuesdays & Wednesdays.

If NONE of these times work for you, please reach out and we will find an alternative that will work!

# HAVE *questions?*

## **What are the skills?**

I came up with the 12-Skills from a combination of experience in working with previous clients, my nutrition education as well as personal experiences in my own food journey. They aren't all "eating" skills but they're all nutrition-related skills that you CAN totally adopt into your life so that you can finally experience food freedom.

## **How do I track my food?**

We use a photo-food-journaling app called YouAte to track our food. It's so much better than something like My Fitness Pal. We do NOT track macros. You will simply take photos of everything you eat. You're also able to track drinks, (i.e. alcohol and water) exercise, as you gain premium app features under my coaching code.

You will see what I eat daily, and I will see everything YOU eat daily. You also have the option to "share your path" with my other clients.

## **What happens during a coaching session?**

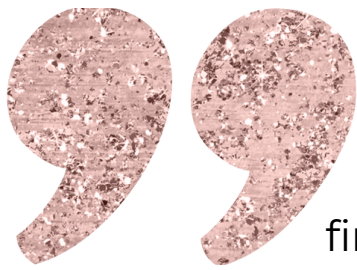
Before each group session, you'll have the opportunity to submit a question that you'd like answered. (If you don't have a question, just show up as we all have similar struggles and you can learn from them.) You may ask for specific feedback on your eating path which I am happy to provide.

Group Zoom calls will run for a maximum of one hour.

During private sessions, we will look at your eating path in greater detail. These calls will outline what you have been doing really well with, look at opportunities for improvement, uncover blind spots you may not be aware of, and problem solve for your unique challenges and roadblocks. Private calls will run around 30-minutes.

## **What happens after the 12-Weeks?**

At the end of the 12-Weeks, you will have a really good idea of what areas you are doing well with and which areas would benefit from additional practice. At that point, you are welcome to continue with me month-to-month until you feel that you have a strong handle on the skills and that those skills have become daily habits. You may stay on with group zoom calls only for \$100/mo or keep both group and private calls for \$150/month. You may switch or cancel at any time after the 12 Weeks is up!



# Testimonials

find additional (full) testimonials on my website

BEV

Stacy has a wonderful approach in teaching mindfulness, self-awareness, and self-compassion. And, she's hilarious.

I have only been working with Stacy for a few months, but in that short time, her Aligned Accountability Method has had a huge impact on my life. This program is exactly what I needed to gain insight into the barriers that have been preventing me from meeting my wellness goals.

I thought I had a fairly good understanding of nutrition and wellness but the resources Stacy provides in her program have been mind-blowing for me! I love that so much of the learning is through podcasts – so easy to listen to while going for a walk or prepping a meal.

I also LOVE the supportive nature of the SYN community and look forward to our group sessions each week.

My sleep has improved, I'm not experiencing brain fog while working and my energy levels are way up. And, while I am losing weight, WITHOUT dieting, it really has just been a bonus to my new healthstyle!

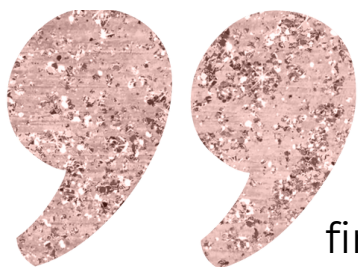
AMY

Stacy teaches accountability, but she also teaches self-love, acceptance, and comes at you with a non-judgemental approach. UNLEARNING habits and UNLEARNING things that you tie to your core person or that you have been telling yourself for years is HARD. But Stacy smiles, laughs and gives you tips to redirect you.

If you're a perfectionist or type A like me, it's really hard when all of a sudden things don't feel perfect. But Stacy has this innate ability to pick you up, steer you back in the right direction, show you that this is not a QUICK FIX, this is a LIFESTYLE.

She is a mentor and she is also your biggest cheerleader. Stacy has truly changed my approach to food, helped me to really look at my body and how it works from a completely different perspective. I feel more in touch and more confident. And truly...genuinely just happier. If you are needing someone to help guide you or teach you a few new things - Stacy is your girl. Sign up. You'll be happy you did.





# Testimonials

find additional (full) testimonials on my website

SARAH  
C.

Stacy is what every woman needs in her life! I came to her program at a time when I needed some extra guidance and accountability to help me reach my health goals. What I love so much about Stacy is that while I was always fixated on a number I had to reach, she was always able to see the big picture and help me, both emotionally and physically.

Her accountability program is so refreshing and unique in this industry. She takes a holistic approach with each client and understands that everyone is different and I loved that so much about her program. She saw me as an individual and not just another person to throw the same material at. My weekly phone call with Stacy was literally the best part of my week! I looked forward to hearing her thoughts and wisdom and how to plan out my week to make it successful for me. She was always able to provide ideas, meal plans, accountability, and a friendly ear.

Not only was Stacy my biggest cheerleader but she also provides an amazing community of positive and like-minded women to connect with. I will be forever grateful to Stacy for having provided me with all the tools that I needed during this time. Stacy's smile and laugh are infectious, she makes you feel like you are talking to your best friend, her positivity (and funniness!) radiates through all of her videos, lives, TikTok's, and her deep understanding and knowledge of health and wellness is unmatched. Thank you Stacy for being such a bright light and bringing that light into my life!!!

SARAH  
F.

Working with Stacy has been a completely transformative experience! My mindset, eating habits, outlook on nutrition and health, and my level of self-acceptance have all been enriched under her guidance.

Stacy's wealth of knowledge, passion and dedication are balanced with a healthy dose of kindness and fun! The highly curated resources that she shares with her clients are current and practical.

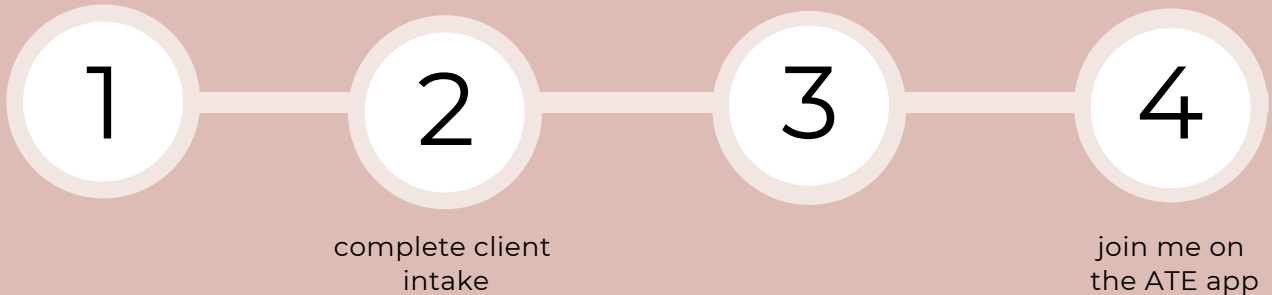
Her approach to working with clients lends itself to successful experiences, a sense of belonging, and many opportunities for personal growth.

I truly can't say enough about working with Stacy and about having her as part of my tribe. If you're on the fence about whether or not you should work with her, know that she's totally worth it, and so are you!

# next steps

discovery call

get set up on  
client portal



## discovery call

1

Let's go over your Request to Work Together. Book a time that works for you:  
<https://calendly.com/stacyyatesnutrition/discovery-call>

## complete the client intake form

2

If we've already talked and we feel we're a good fit, the next step would be to complete the intake!  
<https://stacyyatesnutrition.typeform.com/to/kHPri9sS> It will take approximately 20 mins.

## get set up on the client portal

3

You will receive an email to get connected on my client portal, hosted by THINKIFIC. Everything you need to know is housed there.

## join me on the ATE app & start tracking!

4

We will see each other's food paths as well as the food paths of my other members and Ambassadors. It's a great way to get ideas, inspiration, and stay motivated!



THE FUTURE BELONGS TO  
THOSE WHO BELIEVE IN THE  
BEAUTY OF THEIR DREAMS.

ELEANOR ROOSEVELT



# THANK YOU

Please reach out with any questions!



Stacy Xx

FOODIE

COACH

GIRL BOSS

HOLISTIC NUTRITIONIST

