

What's Included

With both a 6-month and 12-month commitment, this will include:

Weekly Checkins

Every Sunday, in your personal Google Drive, there will be a check-in sheet for you to log your macros, water, steps, weight, body measurements and other goals. This information needs to be submitted by Tuesday at midnight. If it is not completed before then, your checkin will be missed that week. I will review this information to make sure your body is responding appropriately and if not we will make adjustments.

24/7

You will have 24/7 access to nutrition help. Feel free to text me or call me. I will respond as soon as possible, but will always respond within 24 hours.

Google Drive

My clients will have access to a Google Drive. This includes educational resources about overall health. For example, easy food swaps, out-to-eat advice, recipes, sleep hygiene, and more information about macronutrients. This is also where clients will log their weekly checkins.