

# What's Included

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

## Weekly Checkins

Every Sunday, you will receive a Google Sheets form for you to log your macros, water, steps, weight, body measurements and other goals. This information needs to be submitted by Tuesday at midnight. I will review this information to make sure your body is responding appropriately and if not we will make adjustments.

## 24/6

You will have 24/6 access to nutrition help by contacting me through the WhatsApp. These can include basic questions such as, "I am eating at Chiptole tonight. What should I order?"

## 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.