



# Nutrition Coaching

Our busy lifestyles make it hard to eat well. It can also be difficult to measure our progress. You'll have your own menu plans, weekly check-ins and monthly body composition assessments to keep you motivated and on track

## Changing Our Eating Habits Can Be Challenging

Changing our eating can be one of the hardest parts of your life to modify. A good nutrition plan is a vital starting point. Even with a good plan many people fall off the wagon when life throws them curveballs, or they just get tired of the same old plan.

This is where PI Nutrition Coaching comes in! With personalized plans and weekly check-ins we build a good starting plan, and modify it as needed to make sure you are eating healthy, and staying happy at the same time.

## MONTHLY ASSESSMENTS

First, we assess your body composition and goals help us build a personalized meal plan and track your progression

## WEEKLY CHECK-INS

We'll help you stay accountable and review your successes while planning for the unique challenges you will have each week

## LIFE CHANGING RESULTS

Combine your Nutrition Coaching with one of our great training programs and enjoy life to the fullest!



## **NEW! Group Nutrition Coaching Program**

1. Calculation of your macros based on your height, weight, age and activity level to reach your individual goals
2. Education on the macronutrients (protein, carbs, fats)
3. 1-hour Group Nutrition Coaching session every other week AND join Heather for an exclusive Bootcamp Workout at Performance Institute
4. On alternate Saturdays Facebook live Q and A sessions
5. Daily nutrition tips to keep you accountable
6. Education on meal planning, meal prep, conquering barriers and healthy recipes to help you succeed in the future
7. Measurements/Photos to track progress
8. Clients encouraged to track food and Macros using Lose it or My Macros+

## **Individual Nutrition Coaching (Currently FULL!)**

1. Calculation of Individual ideal macros, checking food log, ProCoach platform for daily accountability and learning the “big picture” habits
2. weekly/daily interaction via ProCoach
3. Weekly phone calls for the first month, option to move to calls 2x'/month if preferred
4. Education on meal planning, meal prep, conquering barriers and healthy recipes to help you succeed in the future
5. Can start any time
6. All done remotely for client's convenience

Let us help you get the results you're looking for. To schedule a consultation or if you have any questions please click here:

[\*\*SCHEDULE YOUR ASSESSMENT\*\*](#)