



## Coaching Details & FAQ

### *Nutrition & Wellness Coaching:*

**Note: There is a 2 month minimum for Online Coaching. Programs will follow the format detailed below:**

*Month 1 - Getting to know your body*

- We will begin your nutrition coaching by exploring what foods work for you, your likes/dislikes, evaluate energy levels, sleep patterns, stress level and overall progress.

*Month 2 - Putting our lessons to work*

- We will use what we've learned about your body during month one to establish a more specific program that works for your body AND lifestyle. The focus will be nailing down a food intake that works for *your* body as well as implementing healthy practices so that you can continue to live a happy, balanced lifestyle on your own.

**Price:** \$250/month (paid via Venmo or PayPal)

\* 2 month minimum, paid monthly

### **What is included?**

#### Customized Nutrition Plan:

- Clients will receive nutritional guidance geared towards their specific health conditions and goals. Plans will include foods to incorporate and/or avoid, meal timing, a sample "day of eating," and optional macro numbers to follow. Meals plans will evolve each week based on client feedback to figure out what intake works best for the individual and their goals.
- This program is heavily focused on getting digestion right, keeping hormones balanced and energy up through REAL food and proper recovery.

#### Daily Wellness Log:

- Clients will log *how* they're feeling the log that I provide (stress, sleep, hormonal fluctuations, food intake etc)
- We will focus on overall wellness and proper recovery in and outside of the gym
- Clients are expected to log daily as wellness programming will progress off of his/her feedback

#### Weekly check-in's (Email and/or Phone):

- We will have email check-in's (or phone if needed) each week to evaluate client progress and experience
- Clients will email their feedback and progress pictures via a "client feedback survey" each week for check-in

## FAQ:

- **Do I need to track macros?** Absolutely not. I offer both macro plans and intuitive eating plans. BOTH are effective.
- **How do I pay?** Payments are accepted through PayPal to [acodyfit@gmail.com](mailto:acodyfit@gmail.com) or Venmo app to @AnneEvansCody)
- **Do I need to purchase any supplements?** Supplements are not necessary, however I will provide info on those that are most beneficial to you.
- **Do you offer 1 time programs without coaching?** I occasionally make one-off nutrition plans if my schedule allows it. Please send me an email.

***Note: I have additional online workouts available that do not come with coaching if you are looking for a more affordable option. Please inquire at [acodyfit@gmail.com](mailto:acodyfit@gmail.com) for details.***