NUTRITION PROGRAM DETAILS
• Receive an initial consultation with a nutrition coach
• The nutrition coach will:
  ➞ recommend amounts of protein, carbs, and fats for you based on your activity level
  ➞ educate you on which foods to eat to reach your fat loss and or performance goals
  ➞ coach you on how to work towards improving your current nutrition habits
  ➞ explain how to fill out the nutrition tracking spreadsheet which will help track your nutrition intake, energy levels, sleep, barriers to change and goals
• Weekly check-ins with your coach via email for 6 weeks
• Progress pictures & measurements to be taken at home each week by you

WHO SHOULD PARTICIPATE?
• Anyone that has tried a diet in the past and failed
• Those who cannot seem to stick to a program
• Busy moms and dads
• People with busy lifestyles that do not have extra time to spend weighing and/or measuring foods
• If you want to lose body fat
• Any person looking to improve their physique
• Individuals looking to improve their performance in the gym

NUTRITION PROGRAM PRICING
3 Months
$279 Member
$330 Non-member

6 Months
$499 Member
$550 Non-member

*20% off discount on nutrition if you purchase 10 or more personal training sessions with a Personal Trainer.

PROGRAM BENEFITS
• Weekly check-ins with your coach by phone or email will hold you accountable and keep you consistent
• An individualized plan created just for you will allow you to meet your specific needs and goals
• Learning how to improve your nutrition habits will last you a lifetime
• There is no excessive calorie counting or food measuring with this program

SIGN UP AT FIVE POINTS WASHINGTON TODAY & LET'S GET STARTED!
309-444-8222 joyg@fivepointswashington.org www.fivepointswashington.org