# MIKESMITHFITNESS

# COMPLETE NUTRITION COACHING

**Research driven nutrition for optimizing fat loss, building lean muscle, and improving PERFORMANCE for the rest of your LIFE!**

## NUTRITION CONSULTATION : EVERYTHING YOU NEED TO GET STARTED

### AVAILABLE IN-PERSON OR ONLINE

**INCLUDES THE FOLLOWING**

- 1-HOUR INITIAL NUTRITION CONSULTATION : IN-PERSON OR ONLINE (EMAIL, PHONE, OR SKYPE IS AVAILABLE FOR ONLINE CLIENTS)
- 1 ON 1 CONSULTATION TO ANSWER AND ADDRESS ALL NUTRITION QUESTIONS, CONCERNS, AND MYTHS.
- CALCULATE INDIVIDUAL MACRONUTRIENTS BASED ON GENDER, AGE, ACTIVITY LEVEL, ALLERGIES, AND GOALS.
- CREATE IDEAL PROTEIN / CARBOHYDRATE / FAT / FIBER GOALS PER MEAL AND PER DAY.
- PRINTED AND EMAILED DIGITAL COPY OF YOUR STARTING MACROS AND CALORIES.
- DESIGN YOUR FOOD INTAKE AROUND YOUR SCHEDULE, LIFESTYLE, AND EATING HABITS.
- EXPLAIN HOW TO USE THE FREE MACRO COUNTING APP FAT SECRET ON YOUR PHONE OR COMPUTER fatsecret
- ADD YOU AS MY CLIENT ON FAT SECRET WHICH ALLOWS ME TO MONITOR YOUR DAILY MACROS, CALORIES, & WEIGH INS (ADDITIONAL FEES APPLY FOR MONITORING AND WEEKLY COACHING - SEE BELOW FOR COACHING PACKAGE DEALS AND PRICING)
- WALK YOU THROUGH RECORDING AND TRACKING YOUR FOOD INTAKE ACCURATELY AND EASY.
- CREATE A BUNCH OF MEAL EXAMPLES THAT PROPERLY HIT YOUR TARGET MACROS.
- EXPLAIN FLEXIBLE DIETING, MACRONUTRIENTS, MICRONUTRIENTS, & FOOD QUALITY VS FOOD QUANTITY.
- SUPPLEMENT RECOMMENDATIONS.
- INITIAL CARDIO RECOMMENDATIONS (DOES NOT INCLUDE A WORKOUT PROGRAM – CUSTOM TRAINING PROGRAMS ARE SEPARATE)
  - YOU WILL LEAVE THIS CONSULTATION WITH EVERYTHING YOU NEED TO GET STARTED.
  - THIS IS NOT A GENERIC MEAL PLAN THAT FORCES YOU TO EAT THE SAME FOODS EVERYDAY.
  - THIS IS A LIFESTYLE AND EDUCATIONAL UNDERSTANDING OF NUTRITION THAT YOU CAN APPLY FOR THE REST OF YOUR LIFE.

## TOTAL NUTRITION CONSULTATION PRICE

## $150.00

# CONTINUED NUTRITION COACHING: EVERYTHING YOU NEED FOR CONTINUOUS SUCCESS

**30-MINUTE WEEKLY MEETINGS ARE RECOMMENDED FOR ENSURING STEADY PROGRESS AND MOTIVATION**

## AVAILABLE IN-PERSON OR ONLINE

### OPTION 1:
**PAY AS YOU GO NUTRITION COACHING**

**INCLUDES THE FOLLOWING**

- 1 ON 1 CHECK INS IN-PERSON OR ONLINE WHEN YOU NEED IT.
- REVIEW YOUR DAILY TRACKING ON FAT SECRET AND OFFER CONSTRUCTIVE FEEDBACK, ADVICE, AND SUPPORT
- TROUBLESHOOT CONCERNS, STRUGGLES, AND FOOD TRIGGERS.
- IF NEEDED: ADJUSTMENTS OF MACROS TO CONTINUE SUCCEEDING.
- IF NEEDED: ADJUSTMENTS TO CARDIO.
- CONTINUED EDUCATION AND MOTIVATION.

IT IS YOUR RESPONSIBILITY TO CHECK IN WITH ME EACH WEEK FOR ESSENTIAL UPDATES TO YOUR MACRONUTRIENTS / CALORIES / AND CARDIO

**PRICE FOR 1 WEEK $50**

### OPTION 2:
**4 WEEKS OF NUTRITION COACHING**

**INCLUDES THE FOLLOWING**

- 1 ON 1 CHECK INS IN-PERSON OR ONLINE FOR 4 TOTAL WEEKS.
- REVIEW YOUR DAILY TRACKING ON FAT SECRET AND OFFER CONSTRUCTIVE FEEDBACK, ADVICE, AND SUPPORT.
- TROUBLESHOOT CONCERNS, STRUGGLES, AND FOOD TRIGGERS.
- 4 WEEKS OF ADJUSTMENTS OF MACROS TO CONTINUE SUCCEEDING.
- 4 WEEKS OF ADJUSTMENTS TO CARDIO WHEN NEEDED.
- CONTINUED EDUCATION AND MOTIVATION.

IT IS YOUR RESPONSIBILITY TO CHECK IN WITH ME EACH WEEK FOR ESSENTIAL UPDATES TO YOUR MACRONUTRIENTS / CALORIES / AND CARDIO

**PRICE FOR 4 WEEKS $150**

### OPTION 3:
**8 WEEKS OF NUTRITION COACHING**

**INCLUDES THE FOLLOWING**

- 1 ON 1 CHECK INS IN-PERSON OR ONLINE FOR 8 TOTAL WEEKS.
- REVIEW YOUR DAILY TRACKING ON FAT SECRET AND OFFER CONSTRUCTIVE FEEDBACK, ADVICE, AND SUPPORT.
- TROUBLESHOOT CONCERNS, STRUGGLES, AND FOOD TRIGGERS.
- 8 WEEKS OF ADJUSTMENTS OF MACROS TO CONTINUE SUCCEEDING.
- 8 WEEKS OF ADJUSTMENTS TO CARDIO WHEN NEEDED.
- CONTINUED EDUCATION AND MOTIVATION.

IT IS YOUR RESPONSIBILITY TO CHECK IN WITH ME EACH WEEK FOR ESSENTIAL UPDATES TO YOUR MACRONUTRIENTS / CALORIES / AND CARDIO

**PRICE FOR 8 WEEKS $280**

# ADDITIONAL NUTRITION SERVICES: EVERYTHING ELSE ☺

### MACROS ONLY :
**CUSTOMIZED MACROS WHEN YOU WANT IT**

ALREADY KNOW HOW TO TRACK YOUR MACROS? DO YOU JUST WANT PERSONALIZED MACROS SO YOU CAN BE ON YOUR WAY? THIS IS THE BEST OPTION FOR YOU AND IT'S EXTREMELY AFFORDABLE! I WILL CUSTOMIZE MACROS FOR YOU AND YOU CAN CONTACT ME WHENEVER YOU WANT ADJUSTMENTS! SIMPLE AND EFFECTIVE. NO WEEKLY FEE!

**ONLINE PRICE $40**

### ADDITIONAL WEEKS OF NUTRITION COACHING:
**ADD WEEKS OF COACHING WHEN YOUR PACKAGE ENDS**
**(FOR CLIENTS WHO HAVE PREVIOUSLY PURCHASED 4 OR 8 WEEKS)**

IF YOU'VE PURCHASED 4 OR 8 WEEKS OF NUTRITION COACHING AND NEED FURTHER COACHING YOU'RE IN LUCK. I OFFER DISCOUNTED ADDITIONAL WEEKS OF NUTRITION COACHING FOR ALL MY HARD WORKING & DEDICATED CLIENTS. YOU CAN ADD ADDITIONAL WEEKS AT THE DISCOUNTED PRICE BELOW.

**WEEKLY PRICE $35 PER ADDITIONAL WEEK**

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