



**Introducing:**

**Hannah Sweetman Nutrition**

*Personalised Nutrition*

## **Vi. Client Limited Edition Offer:**

- Initial 15 minute online "Chemistry Meet" to provide an overview of the coaching process
- 8 weeks of coaching access "Consultation Phase" including 4 x 30 minute online sessions held fortnightly
- £175 single upfront payment - payable on conclusion of "Chemistry Meet" if decision is to move forwards. Directly to Hannah Sweetman Nutrition

**BOOK CHEMISTRY MEET HERE**

### **Consultation Phase client commitment:**

- Completion of one week's food diary prior to first scheduled online session

### **Consultation Phase overview:**

- Current lifestyle review and appetite for change
- Food diary analysis leading to personalised caloric needs and macronutrient breakdown thereafter
- Introduction of weekly foundational targets, focused on nurturing impactful habits and mitigating barriers to success
- What does success look like for you and how best to monitor? Introduction to a variety of progress check tools to establish best personal fit
- Activity analysis

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To continue your nutrition journey with Hannah Sweetman Nutrition beyond the "Consultation Phase" please see costs and overview via the website.

The follow up phases are shown on the next page - to provide an insight into what to expect from long term nutritional support.



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## **Longer Term Nutritional Support - A phased approach:**

Ongoing nutrition objectives are broken down into future "phases" with aims laid out as follows:

### **Education phase overview:**

- Managing portion size in line with energy requirements, including navigating hyper-palatable foods and social occasions
- Understanding calories in relation to YOU
- Your personal macronutrient balance goals
- Habit-establishment required for an ongoing healthy lifestyle

### **Transition phase overview:**

- Body composition maintenance
- Reduction of tracking
- Easier, more efficient tracking options.
- Removal of daily food logging
- Non negotiables approach introduced
- Understanding and translating your body's cues

### **New lifestyle phase overview:**

- Establishing the management of long term weight maintenance
- Tracking infrequently and only when presented with a new stimulus
- Check ins established to ensure weight-maintenance adherence
- Threshold management guidance around consumption
- the introduction of flexibility

**VISIT HANNAH SWEETMAN NUTRITION HERE**