

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

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

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.

