

Nutrition & Lifestyle Coaching

1 month, 4 personal sessions 390 USD

(Sessions are arranged in advance, can be moved within the same week, otherwise they will expire)

1. 4 personal coaching calls a 45min
2. Daily lifestyle diary feedback
3. E-mail follow up
4. Personalized SMARTer goal setting and action plan
5. Insurance deductible invoice (depending on your insurance)
6. Access to ongoing online consulting

Evaluation Session 1:

1. Self-assessment.
2. Where are you now, where would you like to be?
3. Discuss the first steps to reach your goal,
4. Set up time and day of regular weekly meetings

Session 2 & 3:

- ✓ Reflection & Feedback
- ✓ Education block
- ✓ Set goal and action plan for next week

Session 4:

- ✓ Reflection & Feedback
- ✓ Education block
- ✓ Introduce further steps on how to continue the newly adapted habits to
Make healthy living a lifetime habit
- ✓ Set up a follow up date in 1 month time to see if you are still on track
- ✓ Self-assessment