

EXODUS NUTRITION: FOUNDATIONS

\$224/6-WEEK PROGRAM

Exodus Nutrition **strongly** encourages all members to begin here. Even if you've dipped your toes into the world of nutrition, this 6-Week program sets you up for success. It's called "Foundations" because it is laying the solid groundwork for a sustainable, healthy life. Not only are you guaranteed to grow your understanding of nutrition, but it also gives you the opportunity to practice and learn the ins and outs of the strategy in place for you with Exodus Nutrition. Foundations is an **extremely** important step in your nutrition and it guarantees improvement towards your goals.

Foundations Includes:

-Kickoff Meeting: In-person meeting where we review your Intake Assessment, body measurements (this isn't a scary step, I promise!), set goals, and create specific practices for how we are going to accomplish those goals, one at a time. It is also a chance for you to put a face to the person checking in and celebrating you each week!

-Personalized Nutrition Report: A full, personalized report reviewing current stats, outline of your goals, and an easy-to-follow guide on your nutrition. Includes shopping list ideas, sample meal ideas, & optional tracking sheets.

-Weekly Check-Ins: At the end of each week, we'll review how the week went, what we can adjust, and a specific plan for the next week. This meeting can be done virtually or over the phone. The best part is, this requires no additional work on your end! Throughout the week, I will be gathering data and daily check-ins from our App.

-Accountability: This is the highest level of accountability through Exodus Nutrition. Not only will I be checking in regularly, the data collected throughout the week gives me precise ways in which maybe you could use an extra (loving!) push.

-Full Check-In Summary: Included after each weekly check-in; includes specific next steps and new goals for the week ahead.

-Daily reminders of your goals/practices through our App

-24/7 Messaging Capability with a guaranteed response time

-Resources: Foundations includes endless resources from me as we review your feedback and where we can grow. Something not working? We troubleshoot the challenge together and you walk away with more clarity, or maybe even an entirely new alternative practice.

-Rundown Meeting: In-person meeting at the end of our 6 weeks. We review progress, retake body measurements, maybe do a happy dance, and talk next steps. Also includes a recommendation for next plan of action based off of results from 6-weeks.

-Private Facebook Group: Exodus Nutrition clients only! We share recipes, ask questions, discussions, etc. Here, we struggle together and celebrate one another! Not into sharing right away? No worries. I'll be sharing weekly nuggets of wisdom and tips to keep an eye out for.

-Precision Nutrition App: Perhaps one of the most helpful tools for you to (literally!) have in your back pocket. This app allows you to communicate with me, interact with daily habit practices, and track your progress. Here, you can weigh-in, insert progress photos, and see an easy-to-read chart that tracks your specific progress. This App allows me to collect data throughout the week for our check-in so that we can hit the ground running!
