



Which Program is Right for You?

Looking at the list of programs I offer may leave you wondering which program is right for you. I thought I would delve a little deeper into each program and list some examples of people who might be interested in each.

For each and every program below I will send you my Introductory Questionnaire and based upon your answers I will calculate your macros. Part of the questionnaire asks you to list your daily macros for a minimum of 4 days (at least 2 of them need to be weekend days), though I much prefer 7 full days of macros; the more days you give me the more accurate your new macros will be.

One-Time Macro Calculation

(\$50 - Macro calculation with NO updates)

This program is well suited to those who are interested in calculating their macros themselves, but are not sure how to do it. They have looked at various websites and just don't know where to start. They are NOT chronic dieters and do not have a history of eating low calorie diets. This client also does well with self-monitoring and does not need outside motivation.

Monthly Nutrition Support

Every body responds differently and oftentimes it takes a few weeks to find your sweet spot macro-wise. Purchasing a multi-week program allows for that time and gives you a full month of access to me when you have questions or need tips. Counting macros comes with a steep learning curve and you will have questions. Some of those questions can easily be answered through our Team FitQuest private Facebook Group, but others will require communication directly with me. Purchasing a multi-week program gives you that access. Remember this is NOT a quick fix. You are trying to learn a lifestyle.

My goal is NOT to change your macros unless I truly feel they should be altered. It will take your body at least 2 weeks to adjust to your macros and for us to know if they are right for you. If you make changes too often then you will not have given your body enough time to adjust. The value add of this program is not in frequent adjustments, but rather the value is your accessibility to me.

Program A: \$100 - Macro changes when needed + 24hr e-mail access to me

If you are self-motivated and would not benefit from scheduled weekly check-ins with me, this is the right program for you. You contact me when you have questions or when you feel you may need a macro adjustment.

Program B: \$150 - Macros evaluated weekly + e-mail access + weekly check-ins (*weight, measurements & front/back/side pictures*)

Each week you will have a scheduled “Check-In” day with me where you will e-mail me progress pictures, your weight and updated measurements, as well as your daily macros for the week.

I will review your check-in and get back to you with the plan and my suggestions for the next week.

Program C: \$200 - Macros evaluated weekly + e-mail access + weekly check-ins + phone / text access

Program C encompasses everything from Programs A & B plus phone / text access to me. I try to respond to e-mails within a 24-hour period (honestly it is usually within hours), but if you want your answers fast and/or you feel you need more support than Programs A or B provide, Program C is for you.

12 Week Nutrition Support

The 12 week programs mirror the 4 week programs with the only difference being the duration of the program. These are my **most popular** programs for two reasons; most of my clients stay with me until they reach their goals (at which point they usually Reverse Diet with me), and this program provides the best value financially.

If for some reason a client reaches their goal prior to the end of the 12 week period, we can begin a Reverse Diet and adjust your macros for the duration of the 12 weeks. This program is malleable to your goals and current situation.

Program A: \$250 - Macro changes when needed + 24hr e-mail access to me

Program B: \$400 - Macros evaluated weekly + 24hr e-mail access + weekly check-ins (*weight, measurements & front/back/side pictures*)

Program C: \$500 - Macros evaluated weekly + 24hr e-mail access + weekly check-ins + phone / text access

20 Week Reverse Diet Calculation

People interested in Reverse Dieting usually fall under one of the following categories:

1. They are looking to increase the amount of calories they are able to maintain their weight on so they can diet down at a later date
 - This individual oftentimes has spent years chronically dieting and is maintaining their current weight on very few calories making it next to impossible for them to lose weight because another reduction in calories would mean they are eating next to nothing.
 - Oftentimes this individual feels they lack “will-power” when in fact they are just ingesting so little that they are starving, yet overweight.
2. They are looking to increase the amount of calories they are able to eat while keeping their current body weight and composition
 - Generally this individual has reached their goal and is looking to increase how much they are eating while still staying the same size and body fat.
3. They are looking to increase the amount of calories they eat in order to gain muscle

**** If you are not sure what a Reverse Diet is click [HERE](#) for a more in-depth explanation ****

20 Week Reverse Diet Calculation

Program A: \$250 - One Time 20 Week Schedule Calculation with **NO updates**

I will provide you with a pre-set 20 week Reverse Dieting macro schedule. This program is right for you if you are detailed and can follow a plan to the T.

Program B: \$400 - 20 Week Reverse Diet Schedule Calculation with updates as needed + **24hr e-mail access to me**

At the start of the program I will provide you with a 20 week Reverse Dieting macro schedule. Reverse Dieting comes with its own challenges in that again, there is no way of knowing exactly how your body will respond to the increases in macros. With this program you can check in with me when you feel like you need help evaluating whether you should move forward with the planned increase for a week, or if you should stick to your current macros for another week, or

you overate over the weekend and don't know what to do for the coming week. Perhaps you lost weight one week and need help determining if you should increase your macros at a faster pace.

This program is right for you if you want access to me, but don't need my help staying motivated to stick to the plan.

Program C: \$500 - 20 Week Reverse Diet Schedule Calculation - Macros evaluated weekly + 24hr e-mail access + **weekly check-ins** (*weight, measurements & front/back/side pictures*)

For Program C Reverse Diets I will provide you with your starting macros after which you will have weekly check-ins with me where I will evaluate your weight, measurements, and progress pictures at which point we will discuss what your macro increase will be for the next week. This program is customized week to week and is great for those who need to be held accountable in order to stick to the program.

Motivated individuals please contact me through the form below. I take my coaching seriously and want my clients to do the same.

Please note that there are no refunds on purchased programs.