

Coaching with Amy

Personal Nutrition Coaching



\$35 a week

Sign up now! email amy@amymaples.com

- an **individualized nutrition plan** based on your personal dietary preferences, goals, and lifestyle
- **access to Amy** via text during regular business hours
- **weekly check-ins** to evaluate progress and determine next steps
- **mindset and confidence coaching**

someone ON YOUR TEAM to help you reach your nutrition goals

What you get

access to live **weekly group coaching** seminars with Amy

knowledge, accountability, and encouragement from a **NASM Certified Nutrition Coach**

What it looks like:

1. an **initial consultation** via phone call, zoom, or email to determine your personal challenges, goals, motivations, and systems regarding your personal nutrition
2. complete an **intake questionnaire** to share any other important information with Amy that might pertain to your nutrition
3. set up a weekly **"check-in" day** and time for which you will complete short weekly assignments such as food diaries and logs
4. **weekly evaluation** of your systems, mindset, and progress to determine adjustments for the coming week



CONFIDENCE

Feel more confident in the skin you're in with mindfulness coaching and helpful mantras. All bodies deserve love, regardless of size and shape. You CAN heal your relationship with your body.



CONTROL

Knowledge is power! Learn how to tailor your nutrition to suit your personal goals. Learn how to "set your macros" or simply make more informed choices for your health.



COMMUNITY

Connect with others who empathize with your personal challenges and goals and who truly care about your health and wellbeing.

Amy is not a medical professional or Registered Dietician. Persons with chronic medical conditions requiring specific dietary accommodations and those who may be pregnant should consult a medical professional or RD.

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