



WELCOME TO FUEL 5

**YOUR 5 WEEK GUIDE
TO BUILDING EASIER NUTRITION HABITS**

If you're looking to...

- **Eat better**—without dieting or feeling deprived
- **Learn how lose weight and body fat**—without giving up your favorite foods
- **Ditch the food rules**— and feel confident in your food choices
- **Feel energized** —so you can enjoy all the things you want and need to do
- **Let go of food confusion**—learn how to build the healthy habits you need to reach your goals!

...This is for **YOU**



WHAT TO EXPECT



WEEKLY, REMOTE CHECKINS-
VIRTUAL COACHING THAT WORKS
AROUND YOU 1X A WEEK



GUIDED SUPPORT - MOVE AT YOUR
OWN PACE WHILE TRACKING
PROGRESS THROUGH DAILY ACTION,
ACTIVITY, GOAL SETTING AND FOOD
LOGS



**LEARN HOW TO EAT BETTER AND
FUEL YOUR BODY—WITHOUT**
DIETING OR GIVING UP YOUR
FAVORITE FOODS



**LET GO OF FOOD CONFUSION
AND FOOD RULES — BUILD THE**
SUSTAINABLE HABITS YOU NEED
TO REACH YOUR GOALS!

WEEKLY BREAKDOWN

STARTUP

Upon entry of the program, you will receive an email with links to a nutrition intake form, and app setup instructions. Completion of these (2) steps will let your coach know you're ready to begin

WEEK 1: CREATING CHANGE

Together, we'll collaborate to develop a 'smart' action plan, in relation to your goals, involving habit coaching and daily action

WEEK 2: FUEL BASICS

What should I Eat? Learn about meal options and the proper nutrients essential to fuel YOUR fitness journey

WEEK 3: ENERGY BALANCE

Feeling stuck? Movement + Nutrition go hand in hand. Discover the balance that supports individual goals

WEEK 4: PREP + PLANNING

Discover the tradeoff - What steps are really between you and your goals? Develop your action plan further for when life gets busy