

KELEEN RAE

one on one coaching

ATHLETE PROGRAM

Nutrition

\$300

- FREE CONSULT (to determine specific goals)
- PERSONAL NUTRITION PLAN

Accountability

\$450/mo.

- DAILY NUTRITION REVIEW
- WEEKLY CHECK INS
- STRATEGIES FORMULATED
- DAILY COMMUNICATION

**optional payment plan of \$150/wk*

CLIENT TOOLS TO ACQUIRE OR PURCHASE



MARCO POLO APP



MY FITNESS PAL APP



FOOD SCALE



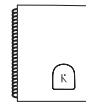
FITBOD APP



GALLON WATER JUG



MEASURING TAPE



JOURNAL



SCALE

FAQs

01

How can I best be prepared for our consult?

At your consult we will go over your completed questionnaire & talk specifically about your goals. We will also discuss the challenges you may be facing in meeting those goals. The idea is for me to get to know you so we can move forward as a team with precision & focus.

02

How do I share my nutrition?

My Fitness Pal App

03

What do you go over in a “check in” ?

- A. Review nutrition + make necessary adjustments
- B. Review goals + solve challenges
- C. Set short term weekly goals

04

What's the best way to communicate?

You can reach me from 9am- 5pm EST, by phone, email, text, or Marco Polo to discuss any questions & or concerns.