



HPT NUTRITION COACHING PROGRAM

PHASE 1 NUTRITION

When you sign up for our first phase of nutrition you will receive the following:

- Nutrition Coaching Session and Nutrition Manual
 - Learn how to eat and how to supplement for your goals/needs, food preferences and sensitivities, and problem areas.
 - Learn about the 4 basic core supplements you should use.
 - Learn how to make the right food choices.
 - Learn how to quickly calculate food values.
 - Learn nutrition tips for fat and weight loss, muscle gain, fitness performance, and health.
 - Learn new recipes.
- 21 Day Personalized Nutrition Plan (broken up into 3 weeks)
- Weekly check-ins which include the following:
 - Weekly body composition measurements (using the biosignature modulation technique).
 - Weigh-ins.
 - Nutrition log review with your coach.
 - Question and answer time with your coach to understand and adapt your plan.

PHASE 2 NUTRITION

When you sign up for our second phase of nutrition you will receive the following:

- 21 day personalized nutrition plan (broken up into 3 weeks)
- Weekly check-ins which include:
 - Weekly body composition measurements (using the biosignature modulation technique).
 - Weigh-ins.
 - Nutrition log review with your coach.
 - Questions and answer time with your coach to understand and adapt your plan.

*Price of phase 2 drops significantly as there is no manual or big block of coaching time up front. Phase 3 also has a price reduction.

PHASE 3 NUTRITION (and beyond)

When you sign up for our third phase of nutrition you will receive the following:

- 6 week nutrition program
- Meet every 2 weeks for:
 - Weekly body composition measurements (using the biosignature modulation technique).
 - Weigh-ins.
 - Nutrition log review with your coach.
 - Questions and answer time with your coach to understand and adapt your plan.

*Price of phase 3 drops from phase 2 price



NUTRITION COACHING PROGRAM OPTIONS:

- Coaching can be done:
 - 1 on 1.
 - With a partner (body fats are still done individually).
 - In a small group (body fats are still done individually).

*sign up a partner or join a group and receive a discount.