

8 Week Undiet Nutrition Challenge

1. **Nutrition & Fitness Assessment** (*approximately 1 hour*)
 - Determine your health goals.
 - Receive body composition analysis.
 - Acquire information about your current lifestyle.
 - Find out what challenges you experience day to day with nutrition and fitness
 - Explanation of 8 weeks Challenge
 - How realistically incorporate program into your lifestyle
2. **Detox Phase Orientation** (*skype, phone, FaceTime*) 1 hour

During this session, we will present your customized program and have a detailed discussion regarding your

- **Sleep:** essential for proper metabolism
 - **Nutrition:** Macronutrient ratio, meal intervals, the quality of your nutrition, and portion sizes
 - **Exercise:** Burns energy and speeds up your metabolism.
 - **Supplementation:** Necessary for reaching optimal health
 - **Water:** critical to every function of your body.
3. **Ignite Phase Orientation (skype/phone/FaceTime/face to face):** 1 hour
 4. **Grocery Shopping Tour** 1 hour
 - Shop on purpose.
 - Learn how to read labels.
 - Discover new ingredients
 - Pick out healthy on-the-go options.
 - Answer your questions along the way.
You may bring an additional family member or friends at no extra cost.
 5. **Follow Up Sessions (skype/phone/FaceTime):** Two Hour-Long Sessions

Each of the follow up sessions is customized to your individual needs. These may include a variety of topics including:

- How to dine out.
- How to eat on the Plan on the go.
- How to break through weight plateaus.
- How to eat before and after workout.
- Recipe modification; cooking for a family.
- And any other specific area that you may need assistance with.

During this 8 week period you will monitor your progress, while we empower and educate you to optimize your blood sugar and take control of your health, transform your body, and change your life.

