



# On-Going Nutrition: Phase II Options

## Silver

3 months of nutrition coaching must be completed in order to move on to Phase II. Therefore, this automatically rolls into the "Gold" or Silver" Option.

## Gold

**\$75/month**

(1) 30-Minute In-Person Meeting with Coach

Bi-Weekly Virtual Check-Ins

Coach Review of Food Log with Weekly Feedback

Biometric Renpho Scan

Goal setting

Updated Nutrition Plan Based on Results (if needed)

Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients

**\*\*Must complete 3 months of Phase I prior to entering Phase II**

## Platinum

**\$145/month**

(2) 30-Minute In-Person Meetings with Nutrition Coach

Weekly Virtual Check-ins

Coach Review of Food Log with Biweekly Feedback

Biometric Renpho Machine

Goal setting

Updated Nutrition Plan Based on Results (if needed)

Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients

**\*\*Must complete 3 months of Phase I prior to entering Phase II**