Welcome to NOURISH-U

This program was created to empower you to reach your health, body composition, and performance goals through our 4 Pillars: Metabolism, Mindset, Movement and Macros

Over the next 8 weeks we are going to cover :

Week 1 - Nutrition 101

Week 2 - Metabolism 101

Week 3- CHECKIN WEEK (Live Call)

Week 4- Habits & Lifestyle 101

Week 5 -CHECKIN WEEK (Live Call)

Week 6 - Mindset 101

Week 7 - CHECKIN WEEK (Live Call)

How to Make Changes AFTER the Program Ends

Week 8- Food Freedom/Wrap up Call (Live Call)

(How to transition to Intuitive Eating)

Our goal for you at the end of this program is to know how to...

-optimize your **metabolism** to overcome plateaus and **maintain** your results

- adopt a **positive mindset** around your relationship with your body and with food

- establish **a foundation of healthy habits that become a part of your lifestyle**

continue making progress even when the program is over!

-understand how to embody a **healthy lifestyle** long-term!

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HOUSEKEEPING

-COACHING CALLS & LESSONS

Each week we will be covering a new topic!
Every second week is "checkin week" where we MAY be making adjustments to your targets! These are the weeks we will be having **live zoom calls (weeks 3,5,7).**
We will also be having a wrap up call for the last week of the program.
All calls will be hosted through zoom - dates/times sent via email & in the communityl!
On weeks we do not have a call, you will have a recording to watch on that weeks topic - recordings for all live calls and module lessons will be in your course portal

-HOW TO ASK QUESTIONS:

You can ask questions ANYTIME in the Group OR if you would like us to answer the question on the call, there will be a question form to fill out.
This question form can be anonymous if you would like!
Responses from coaches are Monday -Friday
Please note, due to the volume in the group, we cannot respond to direct emails or messages - please use the group for questions so they are not missed!

-THE COMMUNITY:

Kajabi Communities
Accomplish your goals together

We will be using the **"Kajabi Communities"** app
Please download this app, follow the prompts to join the community, and make sure notifications are set to ON
**NOTE is is NOT the "kajabi" app - that is DIFFERENT - please make sure you have the one that says "KAJABI COMMUNITIES"*

NOTIFICATIONS IN THE KAJABI COMMUNITIES APP:
Challenges > Bell (top right corner) > 3 dots "..." top right corner>Notifications
*** please keep PUSH notifications, you can disable email if you want

NOTIFICATIONS IN YOUR PHONE:
Settings> Notifications > Kajabi Communities >Allow Notifications

The Community is where ALL communication for the program will happen - a place for accountability, a place for you to share wins, and the place to ask questions and receiving coaching during the program

-THE COURSE CONTENT

You should have received an email with access to the course - this is where our coaching lessons will be delivered to you each week and where ALL the content for the course lives
We recommend reviewing the information on a weekly basis so you dont fall behind!
Each week will have a new topic/module revealed -you can save all the pdfs so you can have access to them after the course, however course access is discontinued after the program ends

PROGRESS TRACKERS

You will receive your progress tracker once you have completed your intake form.

Think of this tracker as a diary- we want you to write in daily comments about how you are feeling, any wins that are happening, and any questions you have or barriers you are encountering.

By writing in this tracker daily you will have a lot of information to refer back to during the live calls, which will allow you to ask us questions during the Q&A portion of the live calls!

Your Progress Tracker consists of 4 parts:

1. **MEASUREMENTS** - where you will take measurements every second week according to the measurement guide in this package.
2. **PHOTOS** - You will monitor photo progress FOUR times (you will have starting photos, Checkin photos and end photos)
3. **CONSISTENCY TRACKER** - this is where your habit, food, and exercise progress is recorded and where you will monitor how you FEEL each week!
4. **SUPPLEMENTS** - optional recommended supplements to support your goals

Another note on checkins:

there are specific weeks dedicated to making adjustments to your targets - these are the "checkin weeks", in order for us as coaches to help you, **please have your progress trackers updated** on these weeks (again ideally you are doing these daily), and make sure you ASK questions about changes if needed through the group, question form, or on the group call (please do not write questions in your spreadsheet as they may be missed).

We are here to SUPPORT you with questions & progress adjustments when needed, so please make sure you reach out through the above methods only.

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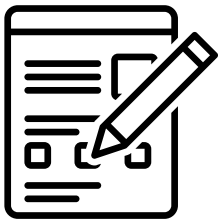
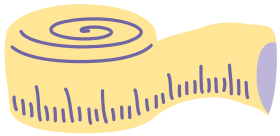
PRE-PROGRAM CHECKLIST

Please Have these Completed as soon as possible - we will need the Intake Form in order to send you your progress tracker

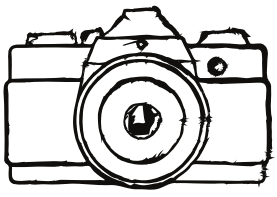
- [ ] **Completed Intake Form ASAP**
  (included in initial email)



- [ ] **Starting Body Weight & Measurements**
  Body weight (lbs)
  *** we recommend DAILY weigh ins during the program in order to note your natural weight fluctuations.
  Measurements (inches)
  Chest (around nipple line)
  Waist (around belly button)
  Hips (around largest part of your booty)
  *** see measurement guide in this package



- [ ] **Progress Photos**
  front, side, back
  *** see measurement guide in this package



HOW TO ATTACH PHOTOS TO YOUR TRACKER
go to PHOTO section of your spreadsheet
(insert-> image-> image **IN** cells)

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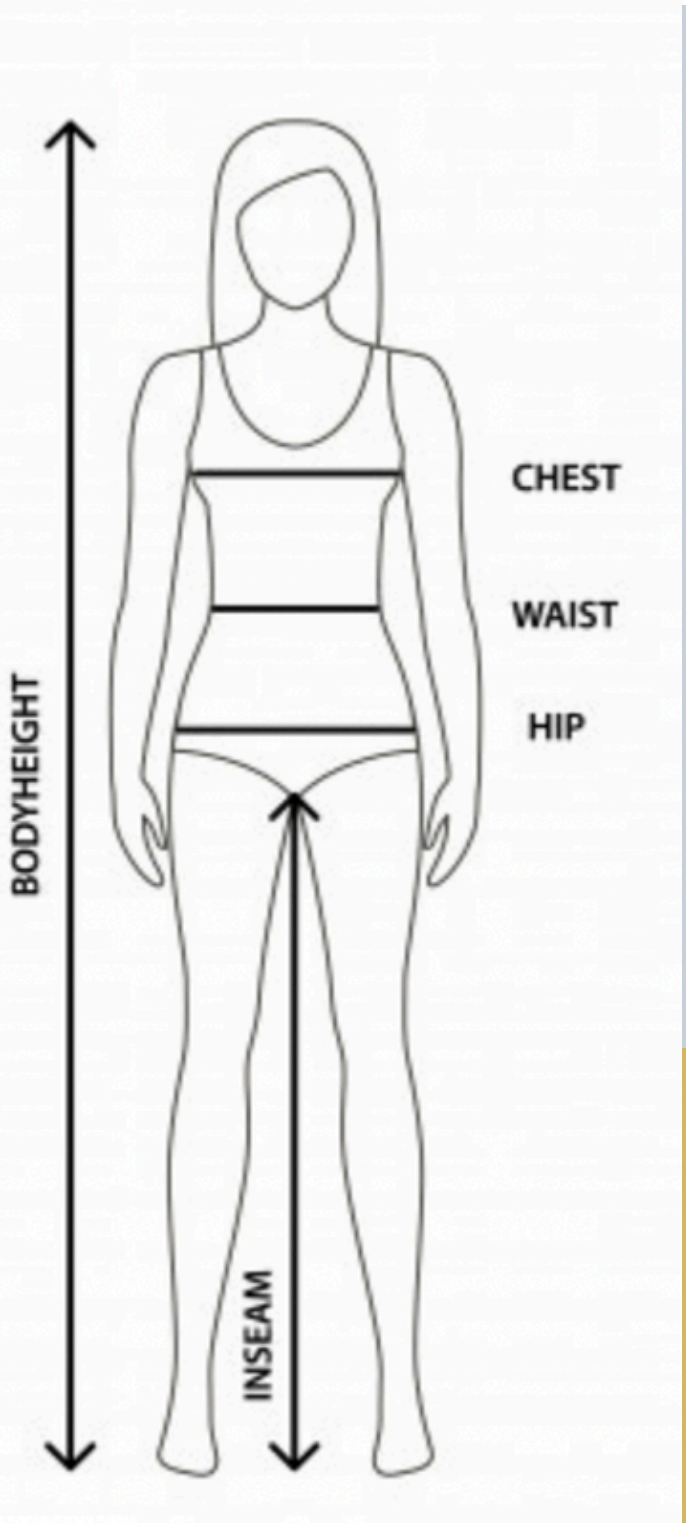
MEASUREMENT GUIDE



Please complete measurements in inches for the following areas:

1.CHEST

(nipple line)

2. WAIST

(around belly button)

3.HIPS

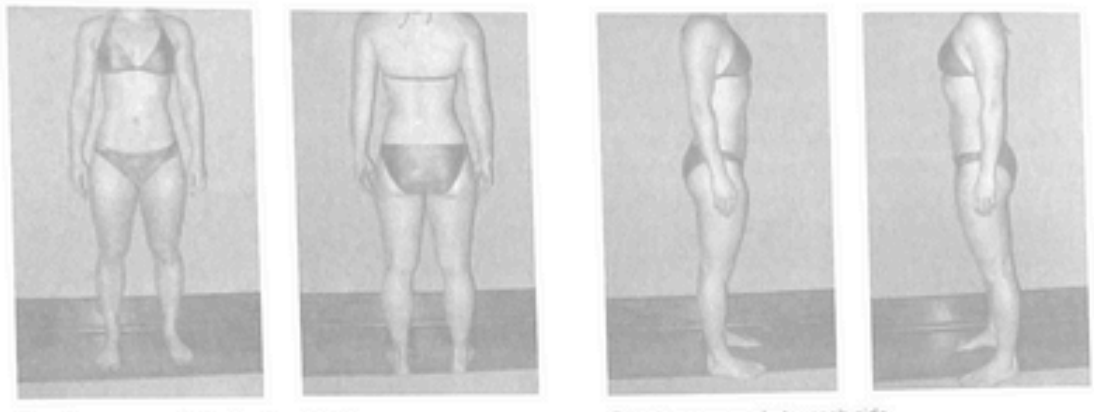
(largest part of booty)

Body weight in lbs

***

*weight & measurements should be done **first thing in the morning, BEFORE you eat/drink anything, after the bathroom** for most accurate results*

PROGRESS PHOTOS



Progress Photos show us PHYSICAL changes that occur in body composition that are not always reflected on the scale.
There are many factors that can influence the scale, which is why we take measurements and photos!
If fat loss is the goal, you CAN **simultaneously build muscle while losing body fat.** This is called "recomposition" which can occur if you are weight training and eating enough protein! This is amazing!!!
When this happens, the scale number may not move a lot, BUT your body composition changes in the photos may be SIGNIFICANT!!!
MUSCLE is our armour, and the goal is to maintain (or even add!) as much muscle as possible while losing body fat to achieve the "lean" and "toned" look.
If your goal is maintenance, performance, or to increase muscle mass, the same holds true. Photos and measurements are amazing forms for monitoring body composition for all of these goals.
Please do **front, side, and back photos first thing in the morning.**
Try your best to achieve good lighting, wear the SAME (or similar) clothing in each photo, and take in the same location if possible.

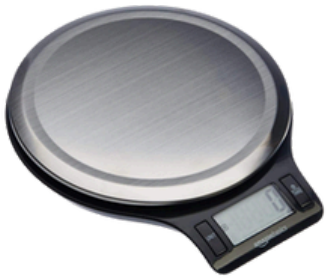
Recommended clothing:

Women: swim suit OR sports bra and fitted shorts
Men: shorts, no shirt

THINGS TO HAVE FOR THIS PROGRAM

Food scale
Measuring cups/spoons
Body weight scale
Measuring tape
Waterbottles - the bigger the better!
Tupperware for food prep
OPEN MIND & WILLINGNESS TO GROW ;)

Food Scale



Self-Tightening Measuring Tape

Body Scale

Click on title for Link!

PRODUCT RECOMMENDATIONS

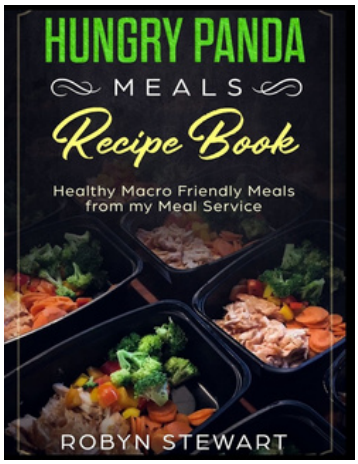
NOT an essential part of the program

Flourish Protein Pancakes

Discount Code ROBYNYQL
saves 10%

Built Bars

Discount Code MEGANYQL
saves 10% & free shipping



YQL Nutrition Macro Friendly Recipe Books

Click on title for Link!

For Nutrition tips and recipes, FOLLOW :

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