



PHASE TWO | \$60 PER MONTH

Phase 2 of AIM Nutrition Coaching is for the confident client. It is provided to the current AIM client that has consistently evolved as a person and an eater, after the requested 3 months of commitment.

Phase 2 is built to provide an AIM client the freedom to move away from constant macro counting, while still providing 1-1 support and knowledge throughout the month. The AIM journey was created to foster lifelong habits centered around a healthy relationship with food. Phase 1 is structured around accountability, gaining knowledge, evolving habits, and self-discipline and awareness. Through these things, an AIM client learns what foods are made of, what foods fuel our body, portion control, and how to eat to obtain specific goals. Once these vital lessons are learned, the AIM belief is to move back into the real world of eating.

HERE IS HOW IT WORKS

FOR THE CURRENT AIM CLIENT. (who is at least 12 weeks in)

MOVE TO ONLY LOGGING 1 WEEK A MONTH. (This 1 week is up to the client's discretion.)

CHECK-IN TWICE A MONTH. (Once after the full week of logging and once during the 3 weeks of not logging.)

AIM WILL STILL BE CONSIDERED YOUR COACH. (And will be available to answer any questions throughout the entire month.)

The client will continue to be involved in the AIM Closed Facebook group and recipient of the AIM newsletters in order to stay up to date on tips, ideas, and new strategies.

FLY FREE

If you feel secure in your habits and in the obtainment of your goals, then you are probably ready to test your wings. The nice thing about Phase 2 is that it's a gradual release of accountability. Knowing that AIM is still in your corner, that you can email at any time with any question, and that you will log and check-in at some point each month, will help guide you back into your long-term healthy lifestyle.

#TAKEAIMNUTRITION