THREE STEPS TO RESET YOUR HEALTH

Coach Mal
Healthy Steps Nutrition Coach

WHAT WE ARE COVERING TODAY:

- **Understand a holistic approach to health**
- **Create your plan for success**
- **One actionable step you can take today to reset your health**

THE HEALTHY STEPS NUTRITION FRAMEWORK ™

What area of your health are you looking to refine?

What does success look like to you right now?

What are you wanting to work on from the holistic approach?

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SELF-ASSESSMENT

Nutrition:
Whole foods, plate method, limitsSugar/ultra-processed foods

Stress Management & Mindset:
Practice positive affirmations, mindful stress management, intentional quiet time

Sleep:
Consistently sleeping 7-8 hours per night, waking up feeling refreshed

Exercise:
30 minutes of daily movement and strength training at least three days per week

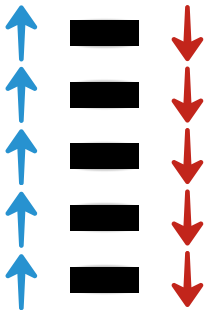
Support:
The five people closest to you are in alignment & supportive of your goals

Lifestyle:
Extracurricular activities, alcohol consumption, daily choices, and social outings alignment with your goals

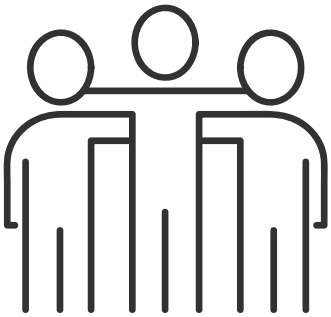
A	B	C	D	F
A	B	C	D	F
A	B	C	D	F
A	B	C	D	F
A	B	C	D	F
A	B	C	D	F

INNER CIRCLE INVENTORY:

1. _____
2. _____
3. _____
4. _____
5. _____



YOUR TRIBE:



YOUR ONE THING:

One thing I will commit to working on starting today is_____
my support person will be_____.

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ADDITIONAL NOTES:

TAKE YOUR NUTRITION TO THE NEXT LEVEL WITH CROSSFIT 4185 COACHING

- Lose Weight & Body Fat
- Support & Accountability
- Gain Confidence
- Gain Strength & Muscle
- Improve Overall Health
- Increased Energy

About Our Individual Nutrition Coaching Program:

- Customized Plans Based On Your Healthy & Wellness Goals
- Expert Coaches To Help You Every Step Of The Way
- Weekly Check-Ins With Your Personal Coach
- Holistic Support Addressing Stress, Sleep, Nutrition & Mindset
- Healthy Recipes & Meal Ideas
- Simple, Habit-Based Approach
- Ongoing Support & Accountability

How To Get Started In 3 Easy Steps:

1. APPLY FOR COACHING
2. CREATE A CUSTOMIZED PLAN WITH AN EXPERT COACH
3. TRANSFORM YOUR HEALTH & SEE LASTING RESULTS

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HEALTHY STEPS NUTRITION HAS HELPED OVER 35,000 PEOPLE AROUND THE WORLD TAKE CONTROL OF THEIR HEALTH THROUGH OUR SIMPLE, HABIT-BASED APPROACH!

GABE

↓ 118% Body Fat
50# of FAT
In 1 Year

KRISSY

↓ 14.5% Body Fat
52# of FAT
15 Inches in Waist
In 7.5 Months

LORENA

CROSSFIT + NUTRITION COACHING

↓ 5% Body Fat
35 Pounds
12 Inches

↑ Strength
Endurance
Confidence

IN 5 MONTHS

"If you are on the fence about joining know you will be welcomed by a community that will encourage you to keep moving forward in your goals. The coaches and community won't let you struggle on your own. You will be guided along the way. The coaches are great about modifying any workout and working with you based on your skill level."

-Claire Halluska

ARE YOU LOOKING FOR INDIVIDUALIZED HELP?

APPLY FOR COACHING TODAY

SCAN ME

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