



- 🍎 Welcome
- 🍎 Nutrition Coaching
- 🍎 One on One Coaching
- 🍎 Group Coaching
- 🍎 Public Speaking
- 🍎 Nutrition Fair
- 🍎 My Book
- 🍎 Nutrition Bytes
- 🍎 Quiz
- 🍎 About Ramona

🍎 **Nutrition Coaching...**  
"because life can  
get in the way of  
the best intentions."



## One on One Coaching

In a personal, confidential setting, together we will create a Turning Points Plan to meet *your* needs, *your* eating habits and *your* lifestyle!

As Your Nutrition Coach and mentor I will guide you to:

- acquire the skills and tools to build your own Turning Points Plan
- support you as you practice your plan .. even when life gets in the way of the best intentions
- keep you focused to achieve and enjoy lasting results.

Nutrition coaching recognizes that changing habits is a process of self-discovery as you confront old habits and acquire new ones that you can live with and enjoy. Together we will build your Personal Plan, and then determine how many sessions you need to Practice your Plan and Live your goals.

### The framework

#### Build your Personal Plan

**Week 1:** review your diet, lifestyle and eating habits, and begin to build a realistic, simple Turning Points Plan

**Week 2:** complete your plan, and explore more ways to make it harmonize with your lifestyle

#### Practice Your Plan

**Week 4:** get the most out of your meal planning and supermarket savvy

**Week 6:** extend your Turning Points Plan - special events, eating out, travel

**Week 8:** deal with unexpected detours, distractions and dilemmas

#### Live Your Plan

**Week 12:** check in with me to stay focused . . . and use my Nutrition Bytes to keep your plan alive!

*Programs include food diaries, shopping lists, meal planners and food charts.*

