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

**InBody Scan**

**Food Log Review with Nutrition Coach**

**Updated Plan When Needed**

**Ongoing Nutrition Coaching & Accountability**

**Access to exclusive HSN App with Nutrition Content, Group and Private Messaging**

**Weekly Virtual Check-Ins**

**Unlimited CrossFit Membership**

# **CrossFit + Nutrition**

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

**Updated Nutrition Plan Based on Results (if needed)**

**Goal Setting**

**InBody Scan**

**Coach Review of Food Log with Weekly Feedback**

**Weekly Virtual Check-Ins**

# **Phase II- Ongoing Nutrition Options**

**InBody Scan**

**Weekly Virtual Check-Ins**

**Coach Review of Food Log with Biweekly Feedback**

**Goal setting**

**Updated Nutrition Plan Based on Results (if needed)**

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

**\*\*Starter Nutrition Program or Nutrition Challenge participation is required to join an Ongoing Nutrition Program**

# **$99/month**

**$169/month**

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

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

# **$219/month**

# **Wellness**

**Platinum**

# **Gold**