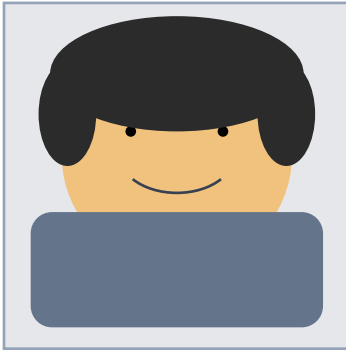


# Sophia Davis

Nutrition & Weight Loss Coach • Rishon LeZion, Israel • 8+ years



**Email:** sophia.d@example.com

**Phone:** +972-54-100-2000

**Languages:** English, Hebrew

Sophia is a nutrition & weight loss coach with 8+ years experience. Primary expertise includes Habit Coaching, Macro Planning, Behavior Change. Training philosophy emphasizes safety, progressive overload, and habit-building to deliver measurable results. Comfortable coaching individuals and groups, with programs adapted for beginners through advanced clients.

## Core Expertise

- Habit Coaching
- Macro Planning
- Behavior Change

## Certifications

- Precision Nutrition L2
- CPT

## Education

- B.Sc. Nutrition

## Professional Experience

**Coach** — LeanLife Clinic (2020–2025)

- Designed personalized programs, tracked progress, and ensured safe technique.

**Coach** — Independent (2017–2020)

- Designed personalized programs, tracked progress, and ensured safe technique.

## Selected Achievements

- Average client weight loss: 8kg/12 weeks
- 76% client retention across 12 months

## Training Approach

Assessment-first approach using movement screens and strength benchmarks. Programs are periodized in 4–12 week blocks with weekly adjustments. Emphasis on technique, recovery, and habit formation. Uses basic analytics (RPE, HR, volume, and adherence) to guide progression.

## Availability

Weekdays: 07:00–21:00 • Weekends: 09:00–15:00 • Online & in-person sessions