



Nomful Summary & FAQs - **MAC Member**

Nomful provides personalized nutrition support by connecting you to a network of expert nutrition coaches. Nomful coaches are all actively practicing registered dietitians, and are experienced in habit-based nutrition support for fitness/wellness clients. Our nutrition coaches complement what you do *inside of the gym* by giving you nutrition support and accountability *outside of the gym*. Nomful can help:

- if you aren't seeing results after working out
- unsure of what foods to eat (i.e. before/after workouts)
- have unsuccessfully tried dieting
- aren't satisfied with your eating habits

Through a mobile application (*iPhones only for now*), you will have around-the-clock access to your Nomful coach, photo-based meal logging, goal tracking, and regular phone calls with your Nomful coach. We have two tiers of service that cater to clients requiring different levels of support.

Basic	Premium
<ul style="list-style-type: none">● Dedicated Nomful coach● Initial phone consultation● Monthly phone call checkins *● Continuous support	<ul style="list-style-type: none">● Everything in Basic● Help with shopping lists, etc.● Weekly phone call checkins *● Extensive meal planning
\$99 (\$109) per month	\$249 (\$279) per month

*Phone calls are scheduled around your schedule and last approx. 20-30 minutes.

Nomful creates a powerful coordinated health team around you, so that your fitness support and nutrition support can work together. If you have a personal trainer, Nomful makes sure that your PT is kept in the loop too. PTs can see your success outside of the gym by having access to your meal pictures, goals, and progress reports. Optionally, PTs can contribute to the group chat between you and your Nomful coach.

How do I sign up?

1. Go to nomful.com/join/mac to begin sign-up process. Your special rates are automatically applied.
2. After completing the sign-up process and paying online, download app, and login. You will be immediately matched with a Nomful coach. If you have a PT, they will also be notified that you are now on board.



FAQ

How long do I have to commit to and sign up for?

Nomful is based on monthly subscription, so we are month to month. Similar to a personal training program, the intensity and duration of support is adjusted around your needs.

What if I have food sensitivities, pre-existing conditions, etc?

We provide no cookie cutter approach for clients. All Nomful nutrition coaches are experienced, actively practicing registered dietitians, the highest level of certification in the nutrition industry.

Do I have the same Nomful coach throughout my subscription?

Yes! We firmly believe in building relationships, so you will have the same dedicated nutrition coach for as long as you would like. If you'd like to switch, please email thomas@nomful.com.

How fast should I expect my Nomful coach respond to me?

Nomful coaches are real human beings, so they may become unavailable to respond to you from time to time. Nomful coaches strive to provide you with the best experience.

Do Nomful coaches give me coaching on fitness?

Nomful coaches are experts in nutrition and focused on building healthy lifestyle/eating habits. They refrain from coaching you in fitness, especially when you also have a personal trainer.

What is your nutrition philosophy?

All of our nutrition coaches share a whole, real food approach. Nutrition is more than just calorie counting; we focus to complement workouts and build a sustainable, healthy lifestyle.

Do I need to take pictures of every meal?

Only at the very beginning are clients encouraged to take quick pictures of all their food/drink. This is necessary to create a reference point. By the end of the first week, client and coach use this baseline to together set milestones for the client, and pictures are less frequent.

What if I need help or have a question for Nomful?

For any help, concerns, issues, or feedback, please email thomas@nomful.com or call us anytime at (562) 666 - 3858.