



Nomful Summary & FAQs

Nomful provides personalized nutrition support by connecting members 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 members do *inside of the gym* by giving them nutrition support and accountability *outside of the gym*. Nomful can help:

- those who 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 their eating habits

Through a mobile application (*iPhones only for now*), members will have around-the-clock access to their Nomful coach, photo-based meal logging, goal tracking, and regular phone calls with their 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 nutrition support	<ul style="list-style-type: none">● Everything in Basic● Extensive diet analysis● Weekly phone call checkins *● Comprehensive meal plan support
\$99 (\$109) per month	\$249 (\$279) per month

*Phone calls are scheduled around the client and approx. 20-30 minutes long.

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

How do MAC members sign up?

1. Members go to nomful.com/join and fill out their information
2. Members apply the group code **MACMEMBER** to receive discounted rates
3. Members pay online, download app, and are immediately matched with a Nomful coach. If they have a trainer, their trainer is notified their client is now on board.
4. Keep track of referrals at nomful.com/macwellness and earn money! (details in FAQ)

Trainers can sign up and register at nomful.com/macwellness



FAQ

Do I get a reward for referring members to Nomful?

*YES! Get a **\$100 VISA gift card** for 6 or more successful referrals in a month, or a **\$40 VISA gift card** for 3-5 successful referrals in a month. Track your referrals at nomful.com/macwellness*

As a MAC employee, do I have a special discount?

Yes! Please email thomas@nomful.com for an exclusive 35% discount for all MAC employees.

How long do clients 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 client needs.

What if clients 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 clients have the same Nomful coach throughout their subscription?

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

Do Nomful coaches give clients coaching on fitness?

Nomful coaches are experts in nutrition and focused on building healthy lifestyle/eating habits. They refrain from coaching clients in fitness, especially when clients 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 clients 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, a member, or a trainer 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.