



NUTRITIONTM FACTORS

Coaching Portal

What is Nutrition Factors?

The *Nutrition Factors Coaching Portal* is a HIPPA compliant nutrition, fitness, and wellness platform that provides Dietitians, Nutritionists, Health Coaches, Fitness Trainers, Holistic and Wellness Providers the tools to personalize a client's wellness experience and manage their coaching business.

Coaching Portal Key Features Include:

Nutrition and Meal Planning

- 7 Day GRID Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- Meal Prep Guide
- Shopping List and Grocer Links

Learning Library

- Nutrition Factors Library
- Coach Resource Library
- Classes and Courses
- Weekly Webinars

NF Grid Gym Fitness App

- Online Coaching for Individualized Workout Plans
- Virtual Personal Trainer w/ over 4000 Exercises
- Activity Tracker
- Body Composition Monitor

Connect-a-Coach

- Coach referred NF Clients
- 30-min Weekly Coaching Sessions
- Earn Commissions

Coaching Management Tools

- HIPPA Compliant Telehealth Webportal
- Guided Assessments & Coaching Forms
- Instant Billing
- Client Scheduling

Professional Trainings and Certifications

- Health Coach Certification
- CDC Diabetes Prevention Program [DDP]





Nutrition and Meal Planning



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7 Day GRID Meal Planner

Build meal plans that your clients will love!

With Nutrition Factors, you're able to offer your clients an easy-to-use *7 Day GRID Meal Planner* managed through your Coaching Portal. The platform is uniquely adaptable, allowing you the ability to effortlessly pick and choose the right meals for your client. Import new recipes or tap into our global database of prepared meal plans. You decide what your clients need.



GRID Layout

Visualize the nutrition and dietary outline of each day through our grid-patterned layout. The 7 Day GRID Meal Planner makes it easy to recognize the strengths and weaknesses of each day, allowing the Coach an easy way to balance the weekly meal plan.



Recipe Database

Access thousands of recipes that easily integrate into your client's meal plan. Upload, organize, save, and share your own recipes to your own personal recipe database. Recipes can be sent to a meal plan and uploaded into a shopping list.



Shopping List and Grocer Links

Export your weekly meal plan as an itemized shopping list to make meal prep easier. Shopping Lists can also be uploaded into your favorite Grocer's website for store pick-up or delivery.

Global Database of Meal Plans

Tap into our evergrowing database of Meal Plans prepared by our community of nutrition experts.

Search, browse, and import meal plans specific to your clients dietary needs. With a large selection of prepared meals at your fingertips, you'll always have the answer to the question, "What's for dinner?"

The image features a woman in a dark blazer smiling, positioned on the right side. In front of her are three devices displaying the Nutrition Factors website interface:

- Desktop Monitor:** Shows a woman with blonde hair and glasses looking at a laptop. The laptop screen displays a promotional banner for "LOSE WEIGHT with the Grid Diet™" featuring a woman's midsection and the text "THE BEST ESSENTIAL OILS ON THE PLANET".
- Laptop:** Displays the "Nutrition Facts Online Library" with a grid of food items including Apples, Apricots, Artichokes, Asparagus, Avocado, Banana, Beans-Dried, Beans-Fresh, Beets, Blackberries, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupes, and Carrot.
- Tablet:** Displays a "Choose a Recipe Database:" section with a grid of various food images.

The Nutrition Factors logo is visible in the bottom right corner of the laptop screen.

A photograph of two women in a gym, both in a starting crouch. They are facing each other and giving a high-five. The woman on the left has blonde hair in a ponytail and is wearing an orange tank top. The woman on the right has dark hair in a ponytail and is wearing a white tank top. The background shows gym equipment and large windows. The entire image has a green color overlay.

GRID Gym App



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Online Coaching for Individualized Workouts

Help your clients achieve their fitness goals.

The GRID Gym App enables you to provide clients with online coaching, making your business available anywhere, anytime. Coaching Partners can create individualized workout plans tailored to meet the needs and lifestyle of the client while tracking progress using real-time data. All on the go.



Virtual Personal Trainer

Access to over 4,500 exercises!
Learn how to do exercises correctly from a virtual workout buddy. Use our database with thousands of 3D-animated exercises to create workouts for every type of goal.



Connect with Wearables

Leverage the integration with wearable activity trackers or a body composition monitor that tracks body weight, body fat, body water, muscle mass and visceral fat.



Telehealth Web Portal



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Back-Office Tools for Client Management

All your coaching tools in one place.

Our program functions as a back-office support system for coaching partners. The friendly platform offers a nutrition and fitness coaching portal to manage clients, ready-to-use guided assessments and coaching forms, an HIPAA compliant telehealth webportal, client scheduling, instant billing and EHR integrations.



Telehealth Webportal

Connect directly to your clients by a secure HIPAA compliant telehealth webportal. Telehealth is a fast emerging online way to communicate face-to-face with your client via video chat, coaching sessions, classes, educational programs and accountability sessions.



Instant Billing

The payments feature lets you accept credit card payments while on a call or from the waiting room. Once you link up your Stripe account, session payments and copay's become way easier.



Guided Assessments and Coaching Forms

Gain access to our Coaching Partner Resource Library where you find coach-approved files and forms to use withing your coaching business.



Learning Library



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Nutrition Factors Library

Explore the hidden treasures found in wholesome foods, vitamins, and minerals.

Your clients can explore over 1,000 pages of nutrition about the health benefits of fruits and vegetables, vitamins and minerals, and the glycemic index.

Take advantage of a continual stream of new content of webinars, blog posts, newsletters, classes and courses.



Coaching Partner Resource Library

Rely on our library of coaching and client resources to get your coaching business running with the Nutrition Factors platform. Resources include editable coaching forms, guided assessments along, and training videos for coaches and clients.



Classes and Courses

In need of coaching guides to use during classes or courses? Gain access to the CDC Guide for Pre-Diabetes Prevention Program or use the *Step-by-Step Coaching Guide* and *Meal Prep Guide* to teach best practices to your client base.



Connect-a-Coach



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Connecting Coaches to Clients

Connect-a-Coach connects Nutrition Factors Clients with approved Coaching Partners.

The Connect-a-Coach Membership includes an initial health assessment, 30-minute weekly coaching sessions, access to 7 Day GRID Meal Planner and GRID Gym App, and video trainings on how to personalize meal and workout plans.

This membership is designed for clients who need help getting started or want additional guidance and ongoing help to maintain a healthy lifestyle. Maintaining a healthy weight and life balance can be tricky. Connect-a-Coach can help.

Connect-a-Coach Key Features Include:

Personal Online Coaching

- Health Assessment
- 30-minute weekly coaching sessions
- Telehealth Video Chat

Nutrition and Meal Planning

- 7 Day GRID Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- Shopping List and Grocer Links
- Meal Prep Guide

Fitness and Activity Plan

- NF Grid GYM Fitness App
- Virtual Personal Trainer with over 4000 exercises

Trainings and Certifications



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Professional Trainings and Certifications

Expand your skillset to better help individuals achieve their wellness goals.

Nutrition Factors holds key partnerships to offer professional trainings for accredited and approved certifications to increase your nutrition, fitness, and wellness knowledge.



Health Coach Certification

As an HCCA Certified Health Coach, you'll expand your skillset and advance your career. Enabling you to help people while earning an income. In partnership with Nutrition Factors, all HCCA graduates will have immediate access to the Nutrition Factors Coaching Portal.



CDC Diabetes Prevention Program [DPP]

The Prevent T2 Lifestyle Change Program is a yearlong program designed for people with prediabetes. It is also designed for people who are at high risk for type 2 diabetes and want to lower their risk.



Memberships



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Coaching Portal + Your Coaching Fees

Coaching Portal

\$99.99 / monthly*

Everything you need to run a successful coaching business at your fingertips via the Nutrition Factors Coaching Portal.

Key features include:

- 7 Day Grid Meal Planner
- Database of Prepared Meal Plans
- NF GRID Gym App
- HIPPA Compliant Telehealth Webportal
- Video Conferencing
- Instant Billing
- Client Scheduling
- Guided Assessments & Coaching Forms
- Connect-a-Coach Referrals

* Earn 25% Affiliate Commission per month for each COACH enrolled on active membership

Client Access

\$9.99 / monthly*

Use this membership to manage your clients through our world-class nutrition, fitness, and wellness platform.

Key features include:

- 7 Day Grid Meal Planner
- Database of Prepared Meal Plans
- Recipe Database
- NF GRID Gym Fitness App
- Nutrition Factors Library

+ Your Coaching Fees

+ Subscription Commissions

* Earn 25% Affiliate Commission per month for each CLIENT enrolled on active membership

found in fresh-raw food

The
HEALTHY
EFFECT

Coach on Demand



Engage & Connect

Questions?

Contact us at
manager@nutritionfactors.com

*80% Nutrition
20% Workout*

Wellness Platform

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