



REPWISE

TRAIN SMART. GROW STRONG.

NUTRITION COACHING

Fuel Better. Perform Better. Live Better.

EXECUTIVE OVERVIEW

REPWISE Nutrition Coaching helps members build sustainable eating habits instead of restrictive diets. Personalized guidance focuses on energy, recovery, body composition and long term wellness.

WHY NUTRITION MATTERS

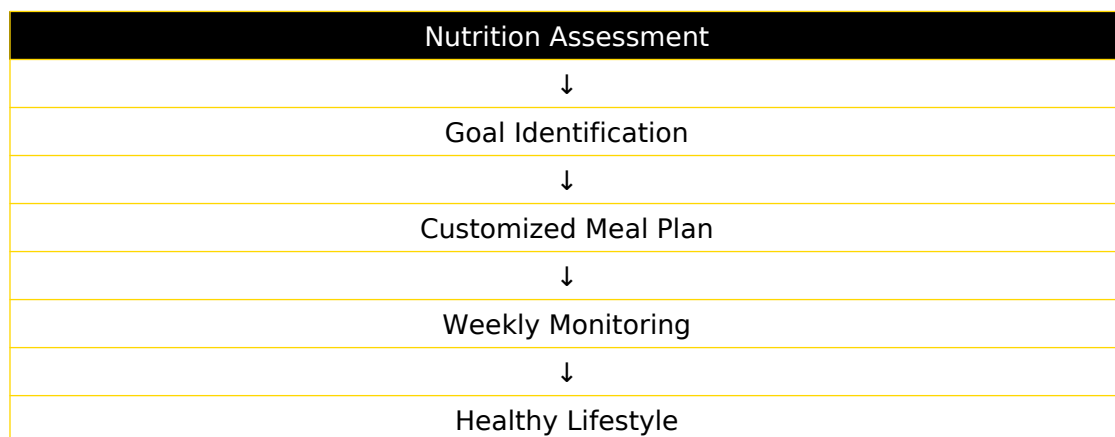
Training provides the stimulus while nutrition supports recovery, muscle repair, metabolism and overall health. Consistency creates lasting transformation.

REPWISE APPROACH

Assessment → Goal Setting → Nutrition Analysis → Personalized Meal Strategy → Weekly Review → Lifestyle Success

CORE PILLARS

Balanced meals, hydration, protein intake, micronutrients, portion awareness, meal timing and habit formation.



8 WEEK NUTRITION PLAN

Week	Focus	Expected Outcome
1	Assessment	Understand habits
2	Hydration	Better energy
3	Protein	Recovery support
4	Balanced Plate	Improved nutrition
5	Meal Timing	Consistency
6	Healthy Choices	Reduced cravings
7	Lifestyle	Sustainable routine
8	Review	Long term plan

DETAILED GUIDE

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while fitting everyday schedules. REPWISE emphasizes practical nutrition education rather than temporary dieting. Members learn portion control, grocery planning, reading labels, hydration strategies, balanced macronutrients, recovery nutrition, healthy snacking and consistency. Coaching adapts to weight loss, muscle gain and general wellness goals while fitting everyday schedules.