

CASUAL CONSULT AND ADDITIONAL SERVICES

Initial Consultation

Who is an initial consultation for?

Those that have a good understanding of nutrition and want a 'check-up'. The initial consultation is also included in the 3- and 6-month program

An initial consultation is a vital part of your nutrition journey. Whether you are after a one-off or as part of a package, the initial consultation is essential for my understanding of you as an individual for me to then create a nutrition strategy that is personalised to you.

What to expect in the initial consultation

An in-depth review covering weight history, medical history, supplement use, living situation, exercise regime and diet history.

Goal setting and a nutrition plan to educate and 'connect the dots' based on the review.

After the consult, you will receive a 1-page overview of what was discussed, as well as any other documents that would be applicable in assisting you to meet your goals.

What do I need to do prior to the consultation?

Complete the initial survey and agree to the Ts & Cs - all will be provided.

Book a consult using the link provided with the survey - indicate whether it is in person or online - both are available.

Fill out the diet history provided with the survey for the week (or days) prior to the consultation and send that to Conrad or bring it to the consult.

If you have any recent medical documents, blood test results, or training programs bring these with you. These can be helpful (but are not essential) in assisting with the accuracy of the assessment and therefore the recommendations made for you.

How long is the initial consultation?

Initial consultations normally take 45 minutes but sometimes can take up to an hour, depending on each individual's needs. We allow time if this does go over the allocated 45-minute slot.

All prices and packages are at the discretion of Conrad Goodhew NZRD Ltd. Final pricing and program will be discussed prior, or at, the first consultation.



Follow Up Consultations

Who is a follow up consultation for?

This is a review to assess and adapt any previous recommendations from an initial consultation or another follow-up consultation. This is available for casual clients or those that are part of the 3 or 6-month package.

What is the difference between the 30 and 45-minute follow up?

A 30-minute consult is the time we would allow for a follow up consult if we are reviewing goals, diet history and other influential factors. In the case where you may have had a bit more change in circumstance since we last spoke (i.e. changed living situation) we would advise an additional 15 minutes to cover these changes and understand them better.

In simpler terms - if you are following up within 3 months with no significant life changes, 30 minutes will be sufficient. If you haven't had a consult for over 3 months, or there have been life changes, book a 45-minute consult.

What is the cost?

Casual initial consultation*[^] \$189

Casual 30 minute follow-up*[^] \$99

Casual 45 minute follow-up* \$129

Pay Up Front:

1 x Initial Consult + 1 x 30min follow up \$259

1 x Initial Consult + 3 x 30min follow ups \$399

1 x Initial Consult + 5 x 30min follow ups \$549

**Cost does not include services such as race plans, meal outlines or anthropometry measurements.*

[^]included as part of the 3 or 6-month packages

Additional Services

All services are in addition to either an initial or follow-up consult. Please indicate if you need these services prior to booking to ensure we allow adequate time. NOTE: these services are available as part of monthly packages.

Anthropometry Assessment: ISAK certified skinfold assessment. Considered the gold standard in body composition measurements. \$25.

Race/Competition Plans: These plans can be an asset when specifying nutrition timings for your specific race and goal pace. This individualised approach solidifies your race-day nutrition. From \$50 (price finalised upon length and complexity of race).

Meal Outlines: This is an outline of the target food groups and calories (if applicable) to be targeting based on your training and life schedule. From \$50 (price finalised upon the complexity required). Note: this is not a structured meal plan (ie g of food).

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