THE NUTRITION OASIS • NOURISH • BALANCE • THRIVE

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CLIENT ONBOARDING
4 Steps to Your Bespoke Programme

Client Action Plan

Your complete step-by-step onboarding roadmap from enquiry to your bespoke programme launch with me

1

Service Alignment & Intake Review

- I begin by reviewing your initial enquiry form to carefully understand your primary health and wellness aspirations.
- Together, we will discuss your chosen package or product alongside your nutritional goals to ensure the support is thoughtfully tailored to your individual needs.

STAGE 1: ENQUIRY REVIEW

2

Discovery & Alignment Call (25 Mins)

- During our introductory call, we will discuss your chosen package or product in detail alongside your nutritional goals.
- I will outline the complete next steps: Health Questionnaire, Service Contract, Payment Settlement, & Scheduling your 60-min Initial Consultation.

STAGE 2: ALIGNMENT CALL

3

Comprehensive Initial Consultation (60 Mins)

- I will officially introduce myself, discuss your health history, and provide your 24-hour recall sheet & 1-week food diary.
- I will take all necessary measurements and establish a clear timeline for your programme launch.

Note: My standard 2-week turnaround allows time for thorough food diary analysis and custom plan creation.

STAGE 3: DEEP-DIVE CONSULTATION

4

Bespoke Programme Kickoff

Your tailored nutritional program officially commences! All personalized strategies are fully integrated to support your journey with me.

Your journey towards optimal health begins!

STAGE 4: OFFICIAL LAUNCH

Questions before getting started? Feel free to reply directly to your enquiry confirmation email.