

# Getting Started with YOUR Nutritional Health

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TAKING THE FIRST STEP

with

*Kate*  
**Cleveland**  
Certified Health & Nutrition Coach



# HELLO AND WELCOME!

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Congratulations on taking this important step on the journey toward YOUR Nutritional Health!

The investment of your time to be present and go through this experience with me will pay you back in a multitude of ways.

Rest assured - *you are not in this alone.*

Together, we will move through each step so that by the end of this short class, you walk away with real, tangible results.

Please know that you can (*and should!*) always reach out to me with questions, comments, or concerns.

I am here to help.

Enjoy,

*Coach  
Kate*



# HOW TO USE THIS COMPANION GUIDE:

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This class was created to be an experience which will start you down the path you already know you belong on . . .  
the path to a healthier YOU!

You know you want to get there, but for whatever reason, you haven't started down that path just yet.

Not to worry, my friend! Over the next 25 minutes, you will create a clear picture of where you're headed and what your first step should be.

There are five key questions you will answer as we go. I'll give examples, details, and help along the way, but the answers you provide will support your decision at the end.

Putting your pen to paper and actually writing down your answers will help you even more.

It's all there, in your brain.  
Today, I will help you take action!



## A FEW OTHER THOUGHTS:

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Over the course of the training, you will learn a lot. Many bits of information will be provided that you might want to remember.

Some people find it helpful to jot down some notes as we go. Feel free to pause, rewind, or re-watch the video to gain a deeper level of understanding.

It won't all sink in the first time around and you might even like to walk through the experience again at some point, if you find yourself in need of the direction it provides.

To get the most out of your time, I recommend printing the last two pages of this workbook before you start the video.

Grab a cup of coffee or tea, a pen, and a comfy chair . . . then press play.

Let's do this!



# NOTES PAGE:

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# Getting Started with YOUR Nutritional Health

## QUESTIONS:

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#1 – Main motivation

#2 – Specific result

#3 - Obstacles

#4 – Big picture

#5 – Removing barriers

**Specific and measurable goal:**





# CELEBRATE!!

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Congratulations! You did it!

**You STARTED down the path to better health  
and there's no turning back.**

## WHAT'S NEXT?

Send an email to [Kate@KissYourFood.com](mailto:Kate@KissYourFood.com) and tell  
me what goal you set.

See you in your inbox,

*Kate*



# Getting Started with YOUR Nutritional Health

## QUESTIONS:

#1 – Main motivation

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**Specific and measurable goal:**





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NOTES PAGE:



[KissYourFood.com](http://KissYourFood.com)