

Private Coaching For Weight Loss With Natalie Bacon



Full Episode Transcript

With Your Host

Natalie Bacon

[Mom On Purpose](#) with Natalie Bacon

Private Coaching For Weight Loss With Natalie Bacon

Welcome to Mom On Purpose, where it's all about helping moms overcome challenges and live their best lives. My hope is by being here, you are more inspired to become the mom you are made to be. I'm Natalie, your host, a wife, boy mom, dog mama, Chicagoan, and former lawyer turned professionally certified coach. If you're here to grow, I can help. Let's go. Hello, my beautiful friends. Welcome to the podcast. I'm so happy to be here with you today. I'm really excited. I have a brand new announcement for you with respect to weight loss and how you can work with me privately one-to-one for weight loss. I have created something brand new that is permanent, and I'm going to walk you through what that looks like, what you can expect, and how you can apply. So most of you already know that I lost 50 pounds after having Baby Jack.

It was my hardest pregnancy. I was, you know, having a very full plate at that time. So with the demands, I had to really figure out how to lose more weight doing less. I have a background as a professionally certified weight loss coach, but I never really did anything with that. I would just, you know, yearly kind of teach a masterclass inside my other program for motherhood, Mom On Purpose. But I didn't, you know, take on private clients. I didn't really talk about it on the podcast or on the front end. And it wasn't until after having Jack and coming up with the Lose More with Less method and then talking about my story that it really took off. I had no idea it would become so popular. Obviously, I would have taken tons of photos. I would have been documenting it. I would have been sharing the whole journey.

It was just something that I didn't know would resonate so much. And of course, hindsight is twenty twenty. I look back and I think, oh my goodness, this is something that lots of people just don't understand. And now that I pay attention, I can see there's so much misinformation out there about weight loss. And that's because the health industry wants you to funnel, weight loss through whatever modality that they are offering. So if it's, you know, a company that specializes in gut health, they're going to tell you how, you know, getting on track with your gut health is going to help you

Private Coaching For Weight Loss With Natalie Bacon

lose weight because everyone knows that the market just wants to lose weight. And so what I have done is really cut through all of the noise, all of the extra stuff, because that's what I needed. And that's what I had to do.

I needed the straightest path to the goal because I had three kids under four at the time. I was, you know, running my coaching practice 20 hours a week about. My husband's working outside the home. I'm primary caretaker. No other childcare at all. And I just had to figure out how to lose more weight doing less. And that's exactly what I did to the tune of 50 pounds. And not only do I have my experience, but over the last couple of years, I have taken on private clients and really gotten a sense of where other people get hung up that might get hung up in ways that are different from, you know, the plateaus and the hangups that I experienced. And so from that, I created my signature weight loss course At Your Goal Weight. That is a standalone course. You get lifetime access, you get the entire lose more with less method.

It's the education piece of it. Today, I want to talk with you about how you can work with me to get weight loss results, lose weight using the lose more with less method privately. The demand for private coaching with me is very high. And up to this point, I have done application only. And based on what the client's needs were, what my capacity was, I would come up with what that looked like typically in a six month container. Rarely, it would be three months and most commonly it would be renewing. It's very common for me to renew a six month client and we work together for a year because of maintenance. And I'll talk about that in a second. But, most commonly it's six months. And what I found was that with every application and with every person, their needs were just kind of slightly different.

And the demand for calls was increasing. And obviously I still have three little kids and my capacity continues to expand, especially as my kids now are out of that baby phase and getting a little bit older. And what I have found is that there typically are three buckets of types of coaching packages that I have been offering. So I decided I wanted to put that into the formal private coaching packages so that you listening and you as a part of this community know exactly what to expect. You know what the

Private Coaching For Weight Loss With Natalie Bacon

different tiers are. You know what results you're going to get. You know what it's going to be like, what that experience is going to be like, the logistics of it. You know the price point, you have your questions answered. And it's really just a way for you to work more closely with me on your terms in a way that works best given your capacity, given your desires, given just your preferences.

And so that's what we are going to dive into. Here's the thing about weight loss. You already know what to do, generally speaking. I think that everyone pretty much knows what to do. However, there's a reason that you're not at your goal weight. And even if you've lost some weight, which typically the clients who come to me and you might be in the situation where you have lost some weight, it might even be that you've lost some weight permanently, whether it's 10 pounds, 30 pounds, whatever. But where you're at right now is not your goal weight. And whether you keep gaining and losing the same 10 pounds or whether you've just been consistently at this plateau and unable to break it, whether that's because you don't want to do the prior methods or because you're just not sure what to do next or the things that you're consistently trying aren't working.

One thing is the same. It's you're not at your goal weight. And so I think that it's important to have a beginner's mindset with respect to weight loss because we can feel so frustrated being so highly intelligent and successful and having created everything that we pretty much want. Of course, we still have goals and ambitions and all of that, but for most of us, we have a lot of what we set out to do and create. And so when we have something in our lives where we don't have the result that we want and it's something that is ruminating in our minds and we're thinking about it and we have this like low grade frustration with it, it can come with a lot of tension and low grade negative thinking. And it can feel like where you're at right now is going to be forever.

Like you are just permanently at the weight that you're at and there is no other, you know, option for you. And you might even start to look to your circumstances, your past, your genetics, you know, your spouse, your family. You just might look outside of you to rationalize that. So you might

Private Coaching For Weight Loss With Natalie Bacon

say things like, "Well, it's just not possible for me during the season." Or, "My mom's always struggled with her weight and I can see that that's what's happening for me too." Or, you know, "I've tried so many different methods and diets and none of them really work in my life. They all feel very restrictive." Whatever it is for you, we can take where we're at if where we're at isn't exactly where we want to be. And we can come up with reasons why it's happening. Because we want to make sense of it. We're like, okay, I want the number to be, let's say 140 pounds and the actual number on the scale is 180 pounds.

And so if we are trying, even if it's just in our minds to lose that 40 pounds and we can't make sense of why it hasn't happened yet, we're going to look externally to give us reasons for that. It's, my family. It's how they eat. It's traveling and my lifestyle right now with work. It's genetics. It's, I don't know. And it's not that those reasons aren't valid. They might be. They just don't get you down to 140 pounds. So it's really important for you to see that because I see so many capable women who are doers, high achievers, and that is you, if you're listening to this, hesitate to take the next program, to hire another coach because they're worried that that method won't work. And I can definitely relate to this. I want to share a quick story with you. I remember when I was single and I wanted to get married and have a family and I invested \$10,000 to work with a coach one-to-one.

And I told her that this had to work because it was such a large amount of money for me at the time. And I just felt so much pressure to make sure that, you know, something came out of it where I got the result that I came for. Like I was really worried. I felt like this had to be the thing that worked. And she's just so brilliant. She looked at me and she said, "Well, if it's not this, it'll be the next thing." And she said, "You never have to stop trying." And in that moment, I'm telling you, everything changed for me. And I have taken this lesson with me for every single goal and every single desire that I have. And that's why I'm sharing it with you here. You never have to stop trying. And don't you want to be a person who, at the end of the day, when her head hits the pillow, you gave it your all, you tried, you failed hard.

Private Coaching For Weight Loss With Natalie Bacon

And this takes brain management because it's not the default. The default is hesitancy. The default is being quote unquote responsible and not being too risky. And of course, I do not mean to be irresponsible, to invest and not get a return on your investment, to, you know, just throw your money away. That is not what I'm saying at all. But that's not what I see. What I see is someone who's done their due diligence, who likes a certain philosophy or method, and is just a little bit worried that they won't get the result. And a part of investing in your own growth, investing in a coach, investing in the results that you want is a little bit of faith. Just like everything. It's like, you know, I was recently coaching someone in the Mom On Purpose Membership on purchasing a home. And we were talking about her current home being amazing and then worried that the next home isn't going to match up.

And it's like with every home purchase you make, you will do a certain level of diligence, but beyond that, there are circumstances that you can't yet know or predict. And so there's a little bit of risk that we all take on in all of our decisions. And I want you to think about that with respect to the results that you want. I was listening to a business coach recently and he was talking about how you're four times as likely to get a result when you work with a coach. And I said, yes, that tracks. Like I've spent hundreds of thousands of dollars into coaching because I believe in it so deeply. It has changed my life forever with respect to the inner work tools and my reactivity and my positive thinking versus negative thinking and decreasing those cognitive distortions. And with respect to some of the outcomes that, you know, are more external, like my relationships, my marriage, my kids, my home.

Anyways, a long-winded way of starting with just remembering that even if it's not me, I want to impart on you the belief that you never have to stop trying. And as long as you desire a result, you should continue to try. For how long? As long as it takes. You never have to stop. I know for me, I want to be someone who continues to try to go after the things I want for as long as it takes. I might hit fail after fail after fail after fail, but I am going for it because that's what makes me proud of myself, that when the head hits the pillow, I gave it my all. If I failed, so what? That's what my dad used to

Private Coaching For Weight Loss With Natalie Bacon

tell me. Big deal. Try again. And I think that we need more of that for the things that we want. Now, I'm also a fan of quitting the things that you no longer want.

So if you wake up one day and you're like, "You know what? I've done the mindset work. I've done the body love work. I just don't want to lose weight anymore," then that is a beautiful reason to not go on a weight loss journey. Then you stop, just like anything. Quit all of the things, but don't quit because you think you can't get the result that you want. So whether it is me that you work with or someone else, please invest in coaching and the tools to help you get your results. Now I want to talk with you about what private coaching looks like with me for weight loss. Private coaching is very different from education. Education, all of the tools, the course, that is inside At Your Goal Weight. You can get more information over at momonpurpose.com/goal.

This is different. It's done for you. And what I mean by that is you don't need to learn anything. I guide you every single day and just tell you exactly what to do. So every single day, Monday through Friday, you report your weigh into me. Just the number. Nothing else. It's actually better if you just give me the number. My private weight loss clients listening know this. I don't want all of your thoughts because that. It, it's not confusing, but it muddles the numbers. And weight loss is just about math. It's just about the number on the scale. Other numbers with respect to your health matter, of course. But at the end of working with me, we are going to know if it was successful based on one number, and that's the number on the scale. For other coaches and other goals that you have, if you're working on your blood sugar, if you're overhauling your eating habits, if you're working on your fitness, it's going to be completely different metrics.

But with weight loss, it's the number on the scale. So every single morning in this private coaching app with just me, I am so over all of the AI, my friends, okay? There's no bot in there. There's no AI. It's just me and you in this private coaching app. You report the number and that's it. You wake up, you get on the scale, you report the number. And you don't have to think about anything. You do not have to think about what am I going to eat

Private Coaching For Weight Loss With Natalie Bacon

today? You don't have to think about, you know, what you should do to go into a calorie deficit. I will give you the tweaks to make. I basically take the lose more with less method and I apply it for you. So I created this done for you option because it's exactly what I would have wanted. Okay? It's like, okay, I would rather pay more and not have to think about it.

Now, some of you are in different situations and you're like, oh no, I want to learn everything behind it, what the, you know, tools are, and I want to take the course. I also get that. I've been in situations before in my business where I've wanted that and/or both. So it's not uncommon for someone to enroll in At Your Goal Weight and then decide that they also want implementation help just to kind of kickstart it and fast track their results. So you report your weight in daily to me into the app. Most of my clients do it seven days a week, but I will be in there giving you feedback five days a week, Monday through Friday. And then what happens is you will consistently lose weight. That is it. You will hit plateaus for sure, and I will walk you through what to do when you hit them.

And then you will have situations come up like family gatherings, you will have a weekend getaway, you will have a work trip, you will have, some other, you know, girls' night or activities where your eating is going to be different. And it's not like you need to get coached or do mindset work ahead of time or go through any of the trainings or calls. All you're going to do is tell me about that and I am going to tell you how to think about it. And more importantly, I think, exactly what to do in that situation. And it's so simple. It doesn't take a lot, but it does taking, it does take doing things differently. So that's what I want you to think about. It's like what you're doing right now is getting you your current result with weight loss. Let's say you are tracking macros.

Let's say you've kind of overhauled your eating habits. Let's say you're counting your steps and you find that, you know, you're working out and you're enjoying it, but, you notice that the number on the scale is pretty much not budging. And if it is budging, you're losing a little and then gaining it right back. That is the most commonplace where my clients are when they come find me. And I always like to say, and this is true for anyone who

Private Coaching For Weight Loss With Natalie Bacon

works with me and any of the students inside At Your Goal Weight, keep doing what you're doing for movement. You can work out as much or as little as you want. The whole thing with me saying that, you know, this is done without exercising is just that we are not going to use exercise for the purpose of losing weight. So someone just DM'd me recently on Instagram and said, "I work out, but it varies. Like sometimes I'm working out every day. Other times I'm working out, you know, twice a week." And I said,

"Totally fine. Does not matter at all." And so that is something that people ask about a lot. You can absolutely keep exercising how you're exercising, but it's not required. It's not something that I'll ask about. Now, if you have questions about it with respect to what we're doing, you absolutely can ask it. But, you know, that's very rare that it comes up, even though I will say that most clients who work with me are exercising. Also, when you get stuck in plateaus, and you will, typically the first, I don't know, four to eight weeks, you're getting like these huge wins because you're used to being stuck at this number. You're used to kind of going up and down or being in a plateau. And then as soon as you implement the steps that I give you on day one, I mean, month one and month two, you see the biggest drops.

Typically, of course, this is with respect to people doing the work. You're going to see closer to a two pound drop per week. That is very common and very typical. Again, results vary based on doing the work. My little disclaimer there. But this is truly why I enjoy weight loss coaching so much because it's so fun for me as a coach to see you get these results that you've been trying to get for so long. And one of my favorite things is like the unsolicited comments and feedback I get. Like I was way over complicating this. Oh my goodness, I've been doing this for so long and I couldn't have done it without you. Truly, this was life changing. Just, you know, the little off the cuff comments that have come in. And again, it's like one of those things where it's like hindsight for me because I didn't even realize I had a method until I was reflecting back on what I did and sharing my story.

And, I see now why it's been so powerful for so many women and why so many people are attracted to it because it's so different than what we're

Private Coaching For Weight Loss With Natalie Bacon

taught. Because obviously now I'm paying attention more to what all of you are telling me that you're doing and what you say you've been taught. And I'm like, oh my goodness. If I thought I had to do that to lose weight, I just wouldn't even try. I wouldn't. I have three little ones. My business and my family are my top priorities. Like how in the world am I going to be counting calories and macros and my blood sugar and getting my steps in and exercising and then making all of these new recipes? Like it just sounds so overwhelming given my already full life. And that's really who this is designed for. You just want to go for an essentialist weight loss approach.

And that's exactly what I explain to new people who find me is this is an essentialist weight loss approach. Weight loss is just a calorie deficit. Optimizing for nutrition is wonderful. It's a totally separate goal. Do you understand that? You can optimize for nutrition, get your protein in, eat more nutrient dense foods, and that will have an extraordinarily powerful impact on your overall health. Go and do that. That is a separate goal than going into a calorie deficit. Getting fit, exercising, strength training. That is also so important to our overall health and wellbeing. It is its own separate goal. So when you combine your nutrition goal with your fitness goal, with a calorie deficit, you now have three goals. And oh my goodness, my friend, that is too much for your brain. Not because you're not capable, you are more than capable, but because of how full your life already is.

This is really a hill I will die on. My membership girls know this because you know at the beginning of every year, I am saying, please for the love of God, just set one goal. And people always come to me and they say, "Well, what about eight goals? What about five goals?" And I say, "Listen, there is a reason you have these same five and 10 goals this year. Okay? It didn't work last year. It hasn't worked yet." I take the approach of do one goal at a time. Do one goal, slay that goal, get that goal done fast, then another goal and another goal and another goal. And it's like this goal setting snowball. It is why I was able to lose weight so quickly. I really do believe that because I wasn't trying to do so many goals at once. I will say, it's not as sexy to talk about.

Private Coaching For Weight Loss With Natalie Bacon

When you're just going into a calorie deficit for weight loss and that's it, it's like, it's not as sensationalized. It's not like, oh yeah, I'm going to Orangetheory and I'm going to my HIT classes and I'm also getting my steps in and, you know, then I'm following these recipes from this blogger. And it, it's not confusing. It's not overwhelming. It's not as fun to talk about because you're not doing as much. I remember one of my clients recently said to me, "You know what? I'm like looking for more things to do, but it's the exact reason I hired you because I wanted to do less." And I said, "Yes." Okay? For the high achieving mom whose real challenge would be to take a nap on the middle of a Monday, this method is so much simpler. And yet at the same time, you might find yourself wondering during it, like, am I doing enough?

And I always go back to the numbers. Data, data, data. We anchor to the scale. You don't even need to know any of that with a private coaching. It's okay if you're not an At Your Goal Weight student. It'll kind of, give you a little bit more background. But I have been coaching for weight loss privately one-to-one way before At Your Goal Weight ever came out. And, it's been just such a way for me to be able to implement these tools. And it is not a requirement at all for you to, like, know what they are at all. So weight loss is the first skill. And this is really why a lot of people end up working with me for the full year. Again, it depends on your weight loss goal. Are you trying to lose 20 pounds versus 80 pounds and everything in between?

And so the first skill is weight loss. That is skill number one. That is the skill that most people focus on. So if you're, like, trying to lose weight, you are thinking about how to do that. The problem that I have found is that once you lose the weight, you don't know how to keep it off. Or you do know how to keep it off, but then life happens and slowly but surely, before you know it, you've gained back five or 10 pounds, and now we gotta go and have this new weight loss goal again. And so I break out creating your goal weight as one goal. That is losing weight by going into a calorie deficit, navigating plateaus, staying consistent, getting all the way to your goal, and then maintaining your goal weight as a completely separate goal and skill. This is actually very simple, very straightforward.

Private Coaching For Weight Loss With Natalie Bacon

I created a process to do it. And if you do it, you will never, you will never wake up five pounds up, 10 pounds up, 15 pounds up, 20 pounds up. It just won't happen because I teach you how to anchor to your weight every single day. I still get on the scale, my friend, every single day. I think it was like 124.4 pounds. So my number that I anchor to is 125 pounds. Every single day I anchor to it. And it's a little bit more proactive than kind of just letting go and not thinking about my weight at all, but it takes nothing because what is really exhausting and almost a little bit fear producing is the thought of, okay, I'm going to do all of this. And then is it going to be sustainable? Am I going to be able to maintain it? That is not even something that comes up when I teach you how to go into maintenance mode.

And that's definitely something that I do with all of my clients it's so interesting to me having coached so many women over the last couple of years privately. It's just been such a privilege and such a blessing. I, truly love it. I always call it my love language. It's just been so fun to get so many moms, weight loss results who have really been trying to do this for so many years. And one thing that surprised me, because I didn't necessarily experience it, that I definitely am equipped to navigate and coach on now, and it's included in At Your Goal Weight as well, is that last like 10-ish pounds, sometimes it's five pounds. Again, it depends on where you're starting from. As you inch closer to your goal weight, it is very common to have some kind of like anticipatory anxiety about, okay, what do I do once I reach my goal weight?

And I always reassure my clients that I will teach you the skill of maintenance. It is easier, but it is its own skill. And so it's not just going to happen. And this is just kind of one of the benefits of working with me. You get the accountability, which is huge, to help you do exactly what you need to do every single day. You should not be having these huge fluctuations up and down. I know that's kind of a hot take, but it really should be steadily going down. Now, you're going to have plateaus. Sure. You might have an uptick, a slight uptick, but mostly it's going to be going down. And that's

Private Coaching For Weight Loss With Natalie Bacon

really the benefit of having a coach to kind of make sure that you don't get trapped into, kind of the stuck thinking or the worries that come from maybe experiences you've had in the past.

I remember with one client, it was a while ago, where we needed to adjust her water down. And I was like, "We're going to get this. I just gotta troubleshoot with you." And I was troubleshooting all of these different things. Her food hadn't changed. She was still in the deficit. And we finally figured out that she was still drinking the same amount of water that she had originally been drinking and not adjusting that down. And so it was such a quick fix. Like within a day or two, she was out of that plateau. And I can't even emphasize it enough, just having someone to be able to break those plateaus for you and get you to your goal weight and then help you transition to the skill of maintenance. It's very, very powerful, especially if you're someone who is looking for a done for you solution.

I am obsessed with done for you coaching. I hired someone, I spent 20 grand to work with a Facebook ads coach who was absolutely wonderful. And we spent six months together. And now I feel like I have that skillset, right? And that's just why private coaching, same thing with my one-to-one relationship coach. When I was single, and wanting to get married, she was \$10,000 as well. And so it is more expensive, but if you're in a position where you want to invest money so you can save time, I highly recommend it. Even if you're someone who isn't at her goal weight right now and in the past has tried different methods. Again, it goes back to my intro. Try, try again. Not for my sake, for your sake. Be a person who continues to try and go after what she wants, even if it means failing, failing, failing again.

I have done this time and time again with my business and it's made me so much stronger. I've talked about how I did it for going for a V-back, with my second and my third son. And I got a V-back with my second, but not with my third. And it's making peace with that. Sometimes it isn't a win, but most of the time it is. I met Steve and now I'm married with three kids. That is what happened after working with my dating coach. You know what happened after working with my Facebook ads coach? Guess what? I have a profitable funnel with Facebook ads. I was so scared and at the same

Private Coaching For Weight Loss With Natalie Bacon

time, so committed and just knew I had to figure it out. And I knew it was going to cost a lot of money because business coaching costs even more than something like relationship or weight loss coaching.

And I made the investment and I'm so glad for it. Like I have that skill now. And that is exactly what I hope for each and every one of my clients who work with me privately. I love the ahas. I love the epiphanies. I love hearing from my clients what's working for them and how they're experiencing it because when it's a good fit, oh my goodness, my friend, it is a good fit. You will lose weight faster. Of course, I can't guarantee you results. You have to do the work, obviously. But if you're listening to this, you already are a doer. You already are a high achiever. You have a lot going on. You want to lose weight and you just need a way to do more with less. Like again, I heard someone talk about like, "Why are we looking for the easy way?" And I was like, "You do not have kids. You do not have small children.

You probably don't have three children." And I thought, "I am looking for the easy way because it's the only way I can do it. I have to have an easier way or else I can't prioritize my family." And so for you, it might not even be kids, your kids might be older. But most of my clients feel that sense of, "I want to prioritize this, but also I have a pretty full life." And so I created this Done For You coaching. And now I want to get into the three different tiers. Again, because after working with so many clients over the last couple of years specifically for weight loss, I really got it down. And I have found that instead of having all of these different packages to make it easier for you and to just help you know exactly what you're going to get through the application process, this three tier system, which is basically what I was already doing, will be like a really helpful and just more streamlined.

So tier number one, Weight Loss Coaching. This is straight strategy, straight implementation, straight accountability. It is done all through the private coaching app. Daily reporting, Monday through Friday, you just weigh in and give me that number. I tell you what to do. Direct access to me. I give you individual tweaks based on what you currently eat. That was a question that came up recently. Are there certain types of foods that you

Private Coaching For Weight Loss With Natalie Bacon

have to eat? The answer is no. I also like to add in a caveat that if you are eating cake all day, we're going to have to change that. But I'm never going to tell you, "Well, you have to eat the kale salad that I eat," or something like that. I want you to take what you're already eating and make some common sense tweaks where needed. So if you are someone who eats a lot of carbs and a lot of sugars, we'll likely decrease that a little bit, but it's not going to be drastic.

It's going to be primarily based on taking the foods you eat now and eating less of them. The reason that this works so well is because it's sustainable. Now, if you want to have a nutrition goal after the fact, if you want to go work on your fitness goal after that, awesome, do that. If you're already eating some other foods that you want to implement to eat more nutrient-dense, nutritious foods, go for it. If you want to continue working out and exercising, I always say, "Yes, keep doing that." This is about me telling you daily how to go into a calorie deficit based on what you're already eating so that it works in your already full life. I will help you through plateaus, travel, holidays, you know, the girls trip, all of the things. In tier one, there are no calls. And this is really designed for the person who is like, "I want to get this done. I need the accountability and I need to know what to do."

And it is the lowest tier, and you will still get the exact implementation and the exact method. I have coached many moms on this tier who have lost anywhere from, like, 15 to, like, 65, 70 pounds in a six month container, and the investment is \$3,000. Tier number two is the same exact thing, except you get two calls per month, so basically every other week, and that investment is \$6,000. And then if you would like four calls per month, that investment is \$12,000. With all three tiers, you're getting that private coaching app where you're going to report in daily. It's just that for tiers two and three, you get the additional call support. I think whether you decide to invest in tier one, tier two, tier three, really just depends on two things.

Your current circumstances, meaning your capacity. So, if there's a reason why calls just don't work for you in this season of life, then tier one's the obvious winner. Also, though, you might have certain preferences. Like,

Private Coaching For Weight Loss With Natalie Bacon

some of my clients just love coaching calls, and if that's you, then tier two or tier three is definitely the winner for you. For me, personally, I am a tier one girly. This is my bread and butter. I love it. If it was me and I was investing because of the price difference, I would probably, you know, invest in that. But that might change. Let's say, you know, my kids are in high school or my kids have left the home and maybe I want a couple of calls or maybe even more calls. Again, you don't get less in terms of the result. I want to make that clear.

You just get a higher level of support. Like, some people are more thorough with the knowledge that they want to have. Other people are like, "I don't really care about the knowledge. I want you to tell me what to do, when to do it, how to do it, and then I want to know how to make this sustainable," right? Just like some people care more about the science and the explanations. Some people have more questions. It just depends on what type of person you are. So I want you to know that tier one, tier two, tier three, all get the accountability coaching. I tell you what to do to lose the weight in that private coaching app Monday through Friday. And most clients, and you absolutely can, but it's your choice, can drop the weight in there on Saturday and Sunday as well, but I don't give you any feedback.

I just kind of look at those days and then give you what to do on Monday. Also, if you prefer a payment plan, that is available for all three plans. So whatever tier that you choose, if you would like a payment plan, that is absolutely something we can work through. All you have to do is go on over to momonpurpose.com/ready, R-E-A-D-Y, and submit your application. I forget how many questions it is, five, six questions that we go through. And once I review that, as long as it's a good fit, I, you know, I ask you questions like, What's your weight loss goal? What do you weigh now? What have you tried before? Why is now the right time?" A few questions like that, making sure it's a good fit, and that's it. It's submitted, I get it, and then I will follow up with you within two business days, as long as the application is complete and it is a good fit, and we'll take it from there.

If you have questions, we can follow up via email with those. Typically, my clients are like, I'm all in. As soon as I hear about this, I know that this is for

Private Coaching For Weight Loss With Natalie Bacon

me because I like Natalie's approach. I know that if I had someone helping me and could do it for me as much as possible, right, besides me being there in your kitchen and eating it for you, but I can tell you exactly what to do every day." Most of my clients love it because it offers you a way to do this, taking the learning out of it, taking the guesswork out of it, being able to have me do that part of the work for you. I have had many, many clients' successes with this, and it does not matter the age of your kids. It doesn't matter if your kids are really little, in the home, school-aged, teenagers out of the home, one kid, five kids, six kids.

You know, I have worked with moms who have kids of all different ages. It does not matter at all. The only thing I will say is that if there's a reason why you can't lose weight right now, like you're on a medication and your provider has said, "I do not recommend that you try to lose weight right now. It's not something that you should do while you're on this medication," then obviously it's not a good fit. But otherwise, there are so many different varying circumstances that my clients are in with respect to their lives, with respect to their wellness, with respect to how often they work out or don't. And all of that is ancillary and it's not an issue at all because this is about going into a calorie deficit. So as long as you're cleared for that, then I am here to help you do it.

It has been so fun for me, my friend, such a love language that I didn't even know existed. It's been such a joy. And my plan is to fill up these tiers just because I have been loving it so much. I have a greater capacity now. My kids are getting a little bit older, and I truly love helping moms lose weight in a way that is so much simpler, my friend, so much simpler, and I think so much more sustainable long-term. So all the information in the application is over at momonpurpose.com/ready. I look forward to helping you achieve your weight loss goal. I'll see you over there. Take care.