

Performance Nutrition Results with Cheryl Toner, MS, RDN

Are you starting a new job, taking on a new sport, entering a new stage of life, or just ready to make changes? Transitions require that we find new approaches that fit. Whether you are taking your sport to the next level, preparing for your first 5K or your first aiming to cut your marathon time, seeking to manage weight or improve heart health, or finding your “new normal” after having a baby or entering menopause, my approach is to empower you to set appropriate goals and make choices that will help you to achieve them.

I help my clients, including athletes, active adults, and busy parents, to:

- Understand the foods you eat and why you eat them.
- Eat well to harness the power of nutrition for your athletic and mental performance.
- Build a better life by making the choices in everyday moments that are right for you.

Whether we meet once or on a long-term basis, we will work *together* to set goals that are truly your own. You will do the work to achieve them. I am here to coach and guide you based on research as it applies uniquely to you. This is what you can expect when you work with me:

Nutrition Coaching

6-month plan - \$780 (15% discount)

3-month plan - \$490 (10% discount)

- Nutrition Initial Assessment and Goal Setting:
 - You will complete a Client Background Form and 3-Day Food and Activity Log. Deliver both to me via email at least 48 hours prior to our scheduled in-person session.
 - I will initiate my assessment based on the information that you provide to me.
 - We will meet in-person for one hour, when I may ask for clarifications or additional details as I complete my full assessment. We will work together to set goals and start developing your customized nutrition plan.
- You will put the plan into action. Contact me with any questions or issues that arise during the month. You do not have to wait until your next appointment.
- Intensive Follow-Up: For each month that you are subscribed, we will follow-up in person for 30-45 minutes. Follow-ups will be scheduled 2 weeks after the full assessment, then monthly, to evaluate progress and adjust as needed. As we continue to work together, we will modify goals and strategies as needed, addressing meal planning, grocery shopping, eating out, physical activity, and more.

there's more...



464 Herndon Parkway, Suite 116
Herndon, VA 20170
(703) 638-5846
toner@cdtconsult.com

Nutrition Full Assessment

Initial + Follow-Up - \$280 (5% discount off both sessions)

- Nutrition Initial Assessment as outlined above (client forms in advance, 60-minute session)
- Intensive Follow-Up: 45-minutes , scheduled 2 weeks after Initial Assessment
- You will put the plan into action. Contact me with questions up to 1 month after Follow-Up.

Nutrition Initial Assessment - \$170

- Initial Nutrition Assessment and Goal Setting as outlined above.
- You will put the plan into action. Contact me with any questions for up to 1 month following the full assessment.

Nutrition Follow-Up - \$85-125

- For 2 months following an initial assessment, you may schedule an in-person follow-up for 30-45 minutes to discuss any challenges with your plan or changes in your situation.
- We will work together to tweak your goals and/or approach to move you towards success.
- If significant changes are needed, we may discuss the need for a more in-depth re-assessment.
- This basic follow-up *does not include* email or phone communications following the in-person session.

Payment for services is due at the start of each session. I request a 24-hour notice for canceling or rescheduling.

I have practiced as a registered dietitian nutritionist for more than 19 years, and recently have been working towards specialization in sports dietetics. I believe in the power of eating well just for the enjoyment of it, for health, and to fuel sports and physical activity. My expertise is grounded in current nutrition, health, and behavioral sciences. With science ever-evolving and interest in eating well at an all-time high, every day is an exciting challenge to provide the best of care for my clients.

Thank you for choosing me as your dietitian! Let's get started!



464 Herndon Parkway, Suite 116
Herndon, VA 20170
(703) 638-5846
toner@cdtconsult.com