

We Transform Lives through Personalized Nutrition Coaching, Meal Planning & Technology

LOOK BETTER • FEEL BETTER • BE BETTER



Dashboard

Coach command center enables nutrition plan personalization



Hardware & Data

Medical grade body composition analysis enables real results



Coaching

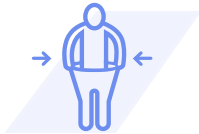
Personalized, private one to one coaching enables encouraging support



App

Unique macro tracker enables you to build a lifestyle for a lifetime

Benefits



Lose excess weight & fat

- Be healthier
- Clothes fit better
- Have more energy



Increase confidence & self esteem

- Increase motivation
- Decrease stress level
- Feel happier



Gain, maintain or tone muscle

- Optimize body composition
- Burn more fat
- Look better naked

1 Customized Macro Plan

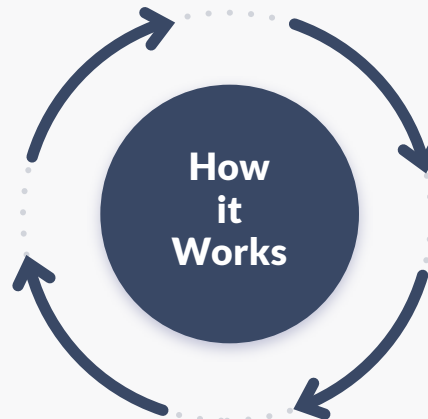
- Establish baseline body composition
- Set fat loss and/or muscle gain goals
- Learn using built-in tools

1

4 Transformation

- Body composition goal achieved
- Feel happier, be happier
- Enjoy life more

4



2 Real Time Coaching & Feedback

- Learn what works best for you
- App provides feedback to improve
- Coach encourages and supports

2

3 Macro Adjustment

- Client re-measure body composition
- Coach optimizes and adjusts your macros
- Continual refinement to optimize body composition

3

Tested and Proven



ekin takes the guesswork out of our athlete's nutrition. It has given us a huge advantage over the competition.

Nick Mitchell, Head Wrestling Coach, Grand View University, 8 consecutive NAIA National Championships - 2012 to 2019



Dietitian designed, developed & tested in-market over 8 years with over 10,000 clients. No other platform maximizes healthy fat loss & muscle gain better.

ekin Nutrition, organization