



Eat 2 Win Nutrition App Premium Administration Features and Description

Features	Free User	Premium User	Premium Admin
CALORIE CALCULATOR	Useful tool that provides basic guidelines for caloric intake needs.		
Calculate Caloric Intake	X	X	X
MEAL PLAN GUIDES	Comprehensive meal plan guides providing practical, realistic and variety of meal options.		
Regular	X	X	X
Vegan	X	X	X
Vegetarian	X	X	X
Restaurants	X	X	X
NUTRITION MONITOR	Encouragement, feedback and support provided by approved friends or invited professionals to help user improve their eating habits.		
People I Monitor	X	X	X
People Monitor Me	X	X	X
eLEARNING	Quality and practical sports nutrition content developed by Registered Dietitians.		
Blogs	X	X	X
Webinars	X	X	X
Courses	X	X	X
Podcast	X	X	X
MEAL REMINDERS	Plan out your day, set reminders to help you improve your eating habits.		
Set Meal Reminders	X	X	X
TRACKERS	Log and track information to help improve your eating habits and overall health and wellness.		
Meals by Taking a Picture	X	X	X
Body Weight	X	X	X
Performance Gains		Coming Soon	Coming Soon
Sleep		Coming Soon	Coming Soon
Motivational Pictures		Coming Soon	Coming Soon
Fluids		Coming Soon	Coming Soon
Wellness		Coming Soon	Coming Soon
SCORE POINTS	Engage in the app & score points to compete in Challenges and Teams		
Compete in Challenges		X	X
Compete in Teams		X	X
ASK A SPORTS DIETITIAN	Have a question about Sports Nutrition, message a highly qualified Sports Dietitian and get an answer.		
In-App Message		X	X

MY SPORTS DIETITIAN



Eat 2 Win
Nutrition

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NUTRITIONAL ASSESSMENTS	Evaluate your eating habits, obtain a grade and obtain a report for recommendations for improvement.		
Breakfast		Coming Soon	Coming Soon
Lunch		Coming Soon	Coming Soon
Dinner		Coming Soon	Coming Soon
Snacks		Coming Soon	Coming Soon
Fruits		Coming Soon	Coming Soon
Vegetables		Coming Soon	Coming Soon
ADDITIONAL ASSESSMENTS	Popular Sports Nutrition assessments provide insight and education on how to improve overall health and wellness.		
Vending Choices		Coming Soon	Coming Soon
Post Workout		Coming Soon	Coming Soon
Sleep		Coming Soon	Coming Soon
Supplement Use		Coming Soon	Coming Soon
Hunger Rating		Coming Soon	Coming Soon
Thirst Rating		Coming Soon	Coming Soon
LIFESTYLE ASSESSMENTS	Lifestyle assessments to help reveal issues that impact healthy eating habits.		
Motivations to Healthy Eating		Coming Soon	Coming Soon
Influences to Healthy Eating		Coming Soon	Coming Soon
Obstacles to Healthy Eating		Coming Soon	Coming Soon
CHALLENGES	User engages in App and scores points. Points allow competition between users.		
Eat 2 Win Sponsored		X	X
User Created: Unlimited		X	X
THEME CHALLENGES (1-4 Weeks)			
Breakfast			X
Post-Workout			X
Snacks			X
Eating Out			X
Meal Timing			X
Hydration			X
Sleep & Recovery			X
Develop Nutrition Plan			X
Strategies for Weight Loss			X
Strategies for Weight Gain			X



Features	Free User	Premium User	Premium Admin
TEAMS (GROUPS)	Group friends into Teams to rank on leader boards and compare team data.		
Create Unlimited Teams			X
COMPARE TEAM DATA			
Profile Assessment			X
Meals			X
Points			X
Team Leader boards			X
MEAL FEEDBACK TEMPLATE STATEMENTS	RD developed template statements to provide quick, consistent and high quality feedback per meal.		
Increase Protein			X
Add Fruit			X
Increase Carbohydrates			X
Increase Healthy Fat			X
Limit Fried Food			X
Reduce Protein Intake			X
Reduce Carbohydrates			X
Reduce High Calorie Drink			X
Add High Calorie Drink			X
7+ Positive Statements			X
USERS ADDED TO A TEAM BY ADMIN	Admin can add unlimited Friends to Teams. Team members will have access to all Challenges, Assessments and Trackers for Free.		
ALL Challenges			X
All Assessments			X
All Trackers			X

As a **Premium Administration** user you can add Friends (Athletes) to TEAMS and those users can then access all Premium User App features for **FREE**.

eat2win.online

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\$799 Annual Subscription but \$599 for 2 or more
\$79 Monthly Subscription but \$59 for 2 or more