

Milton Nutrition Add-on

Get a new client logging meals in one 15-minute call. Use the quoted lines as written or make them your own. The notes are for you.

TIME CAP
15:00

THE ASK
30 days, under 5 minutes a day

THE GOAL
Every meal logged by day 3

BEFORE THE CALL

- Add them in your coaching portal so their invite is waiting.
- Pull up their last scan or check-in, if you have one.
- Ask them to have their phone in hand.

0:00 The why

5 min

Milton doesn't come up until step 4. Sell the result first.

01 Start with their effort

"I've watched you train. You show up, you work hard, and you **leave it all in here**. Nobody could ever question your effort."

Make it specific: the class they never miss, the lift they just hit.

02 Name the one gap

"Your strength is good. Your cardio is good. Your endurance is good. The one thing we can't see is **your nutrition**, and that affects everything we do in here."

Have a scan? Use it as the baseline and recheck in 30 days, not a year later.

03 Protect their effort

"Here's why I'm bringing it up. When people work this hard and don't see results, **that's when it gets easy to quit**. I don't want that for you. Your effort has been amazing, and I want it to show up in your results."

This is the line that matters. Tracking becomes the way you protect the work they've already put in.

04 Make the ask small

"So here's all I'm asking: 30 days on Milton. It takes under five minutes a day, and we start with **just one meal a day**."

A month, not forever. Small asks get kept.

05 Make it personal, both ways

"I'll see every meal you log, and I'm coaching you on this myself. And **you get to hold me accountable too**. Text me any morning and ask what I thought of yesterday."

Then follow through. Check in a few times a week, by name.

5:00 The setup

8 min

06 Get them in

"Let's set it up together right now. I'll walk you through every step."

- Have them search **Milton AI** in the App Store or Google Play. It's the green turtle.
- Milton texts them a code. Entering it links them to your account.
- The onboarding survey takes about 3 minutes. They can finish it after the call.

07 Teach one button

"You only need one button: **the big plus in the middle**. Snap a photo of your meal. That's it."

- A few words make it more accurate: "two scrambled eggs, half a banana." Voice-to-text works.
- Packaged food: a photo of the label plus how much they had is the most accurate.
- No photo? They can just type it: "one tablespoon of honey."
- Have them snap inside Milton so their camera roll stays clean.
- Anything look off? They tap the entry and fix it.

A photo alone is about 80 to 85% accurate. A label or a few words closes the gap.

08 Show them the scoreboard

"This card on your home screen is **your scoreboard**: calories, protein, carbs. Tap it to see your history and your whole week."

Set their macros from your portal or let Milton set them. Dial them in from the scan later.

13:00 The close

2 min

09 Set the ramp

"One meal a day for the next two days, **then every meal**. Let's put 20 minutes on the calendar next week, and I'll show you the fun stuff: recipes, meal ideas, what to order when you eat out."

Save recipes and restaurants for call two. Day one is just logging.

10 Get the yes

"**Can you commit to that?**"

Then stop talking and wait. When they say it out loud, they own it.

AFTER THE CALL

- Reply to their first logged meal the same day.
- Every morning of week one, ask Milton who logged and who didn't.
- Recheck their scan at 30 days.