

SO FIA
Restrepo

COACH

CONTEO DE CALORIAS Y CARDIO

CLASE EN VIVO

IDENTIFICACION DE PROBLEMAS



DISCIPLINA



E-BOOK'S



MACROS

SOFIA Restrepo
FITNESS



CALCULO
MACRONUTRIENTES

PLAN ALIMENTICIO



SOFIA Restrepo
FITNESS

NOMBRE

PLAN

ALIMENTICIO

MYFITNESSPAL

SOFIA Restrepo
FITNESS



GUIA
MYFITNESSPAL

CARDIO EFECTIVO

SOEIA Restepo
FITNESS



GUIA

CARDIO EFECTIVO

CHATBOT

SO FIA *Restrepo*
FITNESS



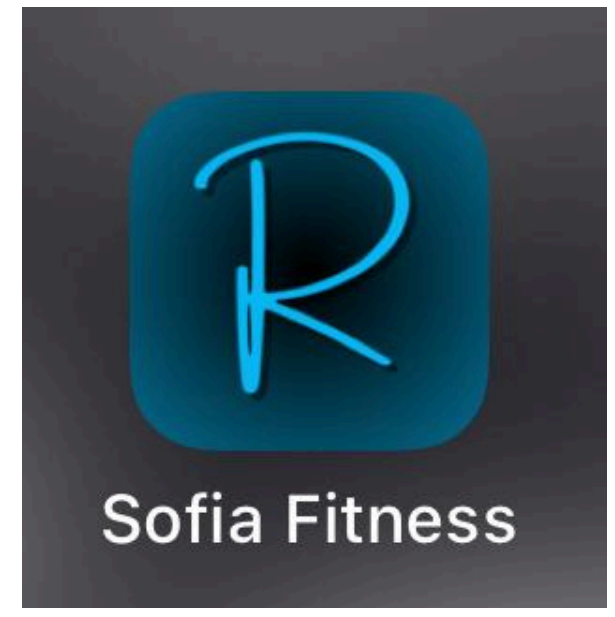
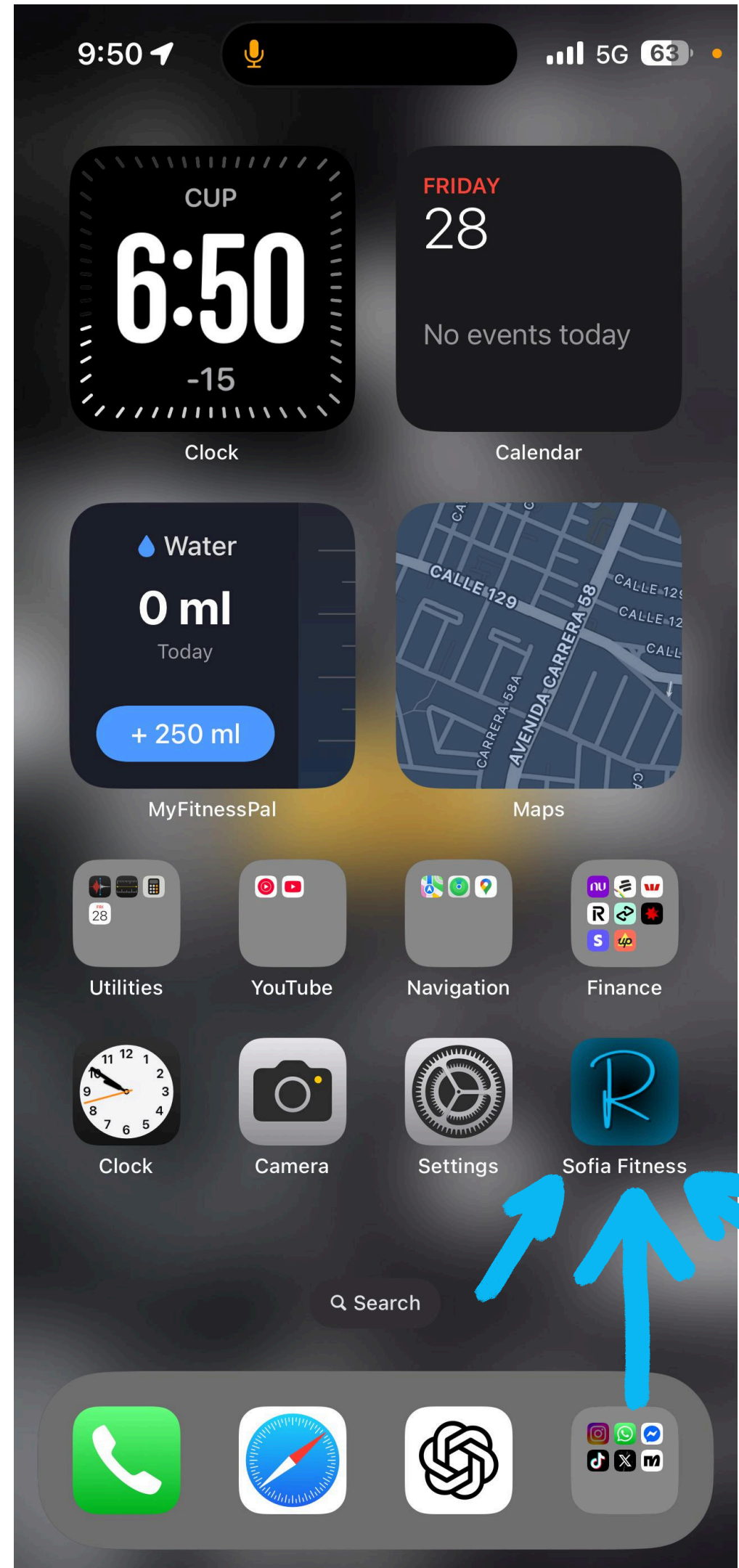
CHATBOT

FITNESS

SORPRESA



APP





GRACIAS!

SOFIA Restrepo
FITNESS