



## *Training and Coaching Plans*

### *Transformation Experience*

One-on-One Training + Nutrition Coaching

- Initial Goal-Setting Call
- Two 30-minute virtual personal training sessions each week.
- One 20-minute nutrition check-in session each week.
- Access to Tue/Thur Zoom workouts.
- Access to Saturday Strength Classes.
- Weekly email/text support as needed.
- Monthly Progress check-in session.

\$750/month

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### *Weekly Wellness Journey*

Once Per Week Training + Nutrition Coaching

- Initial Goal-Setting Call
- One 30-minute virtual personal training session each week.
- One 20-minute nutrition check-in session each week.
- Weekly Workout Program.
- Access to Tue/Thur Zoom workouts.
- Access to Saturday Strength Classes.

\$550/month

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### *Self-Guided Health Blueprint*

Workouts (No Personal Training) - Nutrition Coaching Optional

Fitness-Only Coaching

\$150/month

- Initial Goal-Setting Call
- Workouts provided every two weeks by email.
- Access to Tue/Thur Zoom Classes.

Fitness Plus Nutrition Coaching

\$250/month

- Initial Goal-Setting Call
  - Workouts provided every two weeks by email.
  - Access to Tue/Thur Zoom Classes.
  - Monthly Nutrition Check-In
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### *Individual Services*

Personal Training via Zoom

\$55/session

Nutrition Coaching

\$75/hour

Accountability Coaching

\$125/month

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