

Health/Wellness Coaching Services for Individuals

Coaching Packages and Charges:

**The best results come from guiding a client through a long-term transformation, so clients must choose a commitment plan.*

All programs include a consultation fee and check-ins. The client can then choose to have a fitness plan only with their program, or a meal guideline only with their program, or both and pay the full price for each program.

-2 Month Action Plan for an individual: \$400 for first month, then \$200/month remaining

- \$100 for Consultation (paid before first meet up)

- \$100 for Fitness plan

- \$100 for Meal guideline

- \$50 for Check-ins

- Monthly charge will be adjusted based on the severity of the individual's health condition.

Services Included in Plans:

1. Consultation
 - a. Meet your health coach
 - b. Assessment of client's goals
 - c. Assessment of lifestyle
 - d. Confirmation and payment of the plan client wants if he/she chooses & sign forms
 - i. Take biometric and physiological Measurements once program is decided upon
2. Fitness
 - a. Biometric and Physiological Screening
 - b. Assess areas of concern
 - c. Tailored Exercise Regimen
 - d. Fitness tips and advice to help you achieve results quickly
3. Meal Guidelines
 - a. Biometric and Physiological Measurements
 - b. Meal Assessment
 - c. Tailored Meal Guideline and prep tips

- d. Pantry Makeover
4. Check-Ins
- a. 1/2 hr video call or phone call once per month (use zoom or skype)
 - b. Ongoing check-ins will be maintained via text or email. Client can contact me with any questions or comments throughout the program as well.

Family prices : If I am writing a plan for each individual in a family, that family will only need to make one consultation payment. Each member, however, will pay the plan fee rates for an individual, but the rate of \$200/month (or whatever the adjusted price is) will only need to be paid once per month remaining, which covers the whole family.