



SERVICES & RATES

Can be completed remotely or in-person!
private pay

Individual Nutrition & Health Coaching Session Costs

Initial Session:	75-90 minutes	\$200
Follow-up Sessions:	60 minutes	\$100
	30-minute check in	\$50

Packages*

Kickstarter – 1 month (3 sessions)	1 Initial Session + 2, 60 Minute Follow-up Sessions	\$350 (\$50 savings)
Reboot – 3 months (6 sessions)	1 Initial Session + 5, 60 Minute Follow-up Sessions every other week	\$600 (\$100 savings)
Life Changer – 6 months (12 sessions)	1 Initial Session + 11, 60 Minute Follow-up Sessions every other week	\$1150 (\$150 savings)
Add on-	Add on additional support to your package with weekly emails, reminders, and text support.	\$50/month

** Packages must be used within 12 months of purchase date. Payment can be made online with a credit card or debit card. Payment for packages can be done In-full at time of purchase or in monthly installments.*

Ala Carte Services

Grocery Store Tour (within 25 miles of Media, PA, mileage fees applicable for farther distances)	90-120 minutes	\$200 stand-alone or \$175 with purchase of other services (\$25 savings)
MedGem® Metabolic Testing (determine your specific calorie needs)	Without any other counseling session or package	\$125 stand-alone \$225 for two tests (must be done within 12 months of purchase)
	Add to a coaching session or package	\$100 (\$25 savings)

Payment Methods: Cash, Check (\$35 returned check fee), American Express, Discover, MasterCard, Visa, and PayPal accepted for payment. Payment is due at time of service. 24-hour cancellation policy or billed at service rate.

FOR OTHER CONSULTING SERVICES & RATES PLEASE CONTACT US!

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