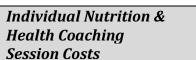
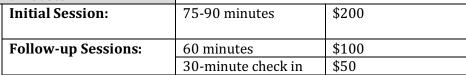

SERVICES & RATES

Can be completed remotely or in-person! private pay





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

^{*} 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!