

RESET & RENEW MONTHLY MEMBERSHIP SUBSCRIPTIONS

	TIER 1 ESSENTIAL	TIER 2 SIGNATURE	TIER 3 ELITE
1: 30-minute group coaching sessions per month via Google Meet	x	x	x
Exclusive content, Habit Building customized for symptom relief via RnR curated app	x	x	x
Real-time support Coach Darby through the RnR app for guidance, wins, and symptom check-ins.	x	x	x
Mindful movement programs, including weight training, are created to meet you where you are via RnR app	x	x	x
Hormone-friendly meal plans and food tracking via RnR app		x	x
1: 45-minute 1:1 Coaching Session with Coach Darby per month via Telehealth			x
Customized, curated, and done-for-you meal plans including grocery lists and uploaded for tracking			x
Cost per month (USD)*	\$69 per month* (9-month min)	\$159 per month* (6-month min)	\$299 per month* (3-month min)

PLUS a One-Time \$49 Welcome 1:1 Strategy Coaching Call (45 minutes)

Start strong with a personalized session to assess symptoms, set goals, and learn how to use your Reset & Renew tools for real results.

Personalized support. Real relief. Your reset starts now.