



Schedule 1: Coaching Fees

Complimentary Discovery Call

60 minutes

A chance to discuss goals, determine if we're a good fit, and create a personalized plan.

Monthly Momentum

\$249 a month (3 month commitment)

- *Three 45 minute health and wellness coaching sessions each month
- *One 30 minute personal training or nutrition session each month
- *Personalized action plan
- *Accountability between sessions

Individual Coaching Session

\$85

- *45 minute health and wellness coaching session