

COACHING PACKAGES



The LifeStyle Transformer

www.howellareyou.com



ESSENTIAL WELLNESS STARTER PACKAGE

EMBARK ON YOUR HEALTH TRANSFORMATION

- **Duration: 4 Weeks**
- Ideal For: Beginners looking to kickstart a plant-based lifestyle.
- Includes
 - Personalized Nutrition Plan: Custom plant-based meal plans and shopping lists.
 - Weekly Coaching Sessions: 1-hour one-on-one sessions focusing on nutrition, meal prep, and lifestyle adjustments.
 - Educational Resources: Access to e-books, videos, and articles on plant-based living.
 - Email Support: Ongoing support to address questions and provide motivation.

Investment:

\$299



BALANCED LIVING TRANSFORMATION PACKAGE

ELEVATE YOUR HEALTH AND WELLNESS

- **Duration: 8 Weeks**
- Customized Plan Development
- Meal planning assistance.
- Bi-weekly Coaching Sessions: 1-hour sessions every two weeks with tailored strategies for sustainable habits.
- Fitness Integration: Basic exercise plans complementing your plant-based lifestyle.
- Text Support: Direct access for quick queries and motivation.

Investment:

\$549

3

HOLISTIC HEALTH MASTERY PACKAGE

ACHIEVE YOUR ULTIMATE WELLNESS GOALS

- **Duration: 12 Weeks**
- **Ideal For:** Women committed to a complete lifestyle overhaul.
- **Includes:**
 - **Comprehensive Health Assessment:** In-depth analysis of dietary habits, health history, and goals.
 - **Weekly Coaching Sessions:** 1-hour intensive sessions focusing on nutrition, mental wellness, and physical activity.
 - **Customized Exercise Plan:** Tailored workouts to complement your plant-based lifestyle and fitness level.
 - **Mental Wellness Support:** Strategies for stress management, mindfulness, and emotional well-being.
 - **VIP Access:** Priority email and text support, plus discounts on future programs.

Investment:

\$799

***Installment options are available.**

***10% discount for payment in full upon enrollment in Package 3 within 24 hours of initial offer.**

All coaching packages are non-refundable. Results are not guaranteed and are based on the efforts you put in and the actions you take to better your life. In the event of dissatisfaction, all efforts will be made to make things right. Sessions expire after 6 months.

Please note that there is NEVER a refund for services.

Connect with us:



info@cynthiamoblehowell.com



813.551.8244



www.howellareyou.com