

HEALTH PLANNER

**SELECT
YOUR
PACKAGE**

TO SCHEDULE
CLICK HERE

FOR INFORMATION
CALL:
917-242-5244

JUMPSTART

2 MONTHS

8 weekly coaching
sessions

* * * * *

Includes e-workbook:
8 Weeks to Wellness

* * * * *

Focused solutions for
effortless healthy
living

\$ 800

COMPREHENSIVE

3 MONTHS

12 weekly coaching
sessions

* * * * *

Includes custom
wellness platform

* * * * *

Update your healthy
habits and home,
work, & play

\$ 2,500

TRANSITION

6 MONTHS

24 weekly coaching
sessions

* * * * *

Upgrade and add
unlimited email

* * * * *

Reconnect to well-
being, adapted to
new circumstances

\$ 4,500

TRANSFORM

12 MONTHS

3 sessions per month
one year program

* * * * *

Upgrade to include
360 life coaching

* * * * *

Building a new
Foundation from the
ground up

\$8,000

MAINTENANCE

ONGOING

1 session per month
ongoing

* * * * *

Managing setbacks
and obstacles

* * * * *

Implementing your
new program,
consistent and happy

\$100 PER MONTH