

PRIVATE SESSION (remote, or in-person):

A Private Session is 20-minutes and may include personalized meal modifications, behavioral modification strategies, product reviews and support materials. A Private Session is by-appointment-only and may or may not include a subsequent Track + Measure report. A Private Session does not include text, phone or emailing beyond your 20-minute session. Communication beyond the service session is a Concierge Service.

\$350, 1 session

\$450, 3 sessions

\$750, 6 sessions

\$1,200, 12 sessions, (best value)

TRACK + MEASURE

A Track + Measure is a 10-minute appointment. For most accurate body composition result, please follow the checklist prior to scheduling.

1 report \$35

5 reports, \$125

10 reports, \$200 (best value)

CONCIERGE SERVICES:

Shop SMART

Individual or Group (3 ppl minimum)

Individual price starts at \$150 and is subject to time, location, and ppl in attendance.

Pantry Makeover (home or office)

Price is subject to time and location.

Menu Planning

Price is subject to time.

Beyond Session Support

Starting at \$50 subject to need.