



### PRIVATE SESSION (remote, or in-person):

A Private Session is 20-minute appointment 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.

1 session \$350

3 sessions \$450

6 sessions \$750

13 sessions \$1357 (*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 \$25

7 reports, \$140

13 reports, \$213 (*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.