

The WM4L Method

Weight Management

Become the best version of you,
one bite at a time.



Price list

PRIVATE SESSION (remote, or in-person):

1 session \$350

3 sessions \$450

6 sessions \$750

13 sessions \$1357

TRACK + MEASURE body composition printed report:

1 report \$25

7 reports \$140

13 reports \$213