8 week DARE to train to change

-Daily check ins

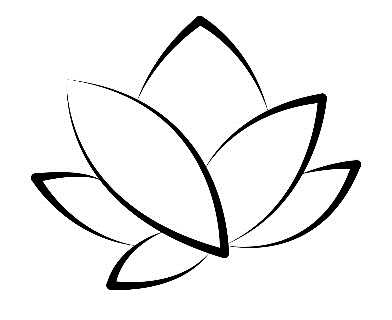
-Weekly check ins with adjustments as needed

-Bi-weekly coach calls

-custom workouts

-Unlimited email access

$125



she who DARES…

8 week Nutrition DARE

-Daily check ins geared toward your goal.

-Weekly check ins with adjustments as needed

-Weekly coach calls 30 min to set your weekly goal

-Unlimited email access

-sample recipe

$125

8 week The ultimate DARE

-Daily check ins

-Weekly check ins with adjustments as needed

-weekly 30 minute coaching call (8 COACHING CALLS)

-custom workouts

-Unlimited email access

$200