**Services and Pricing:**

**Initial Visit** (1.5 hrs): $200

* Background (medical history, diet history)
* Metabolic Testing (MetaCheck device)
* Body Composition Analysis (Inbody230 device)

**One-time non-follow up appointment (for visitors of Steamboat):** $250

* Everything involved in the initial visit *plus* a nutrition counseling session at the same time

**Complete Follow-Up Appointment** (30 min): $50

\*(1-2 weeks post initial visit)\*

* nutrition counseling only (now is the time where we really work to make changes toward improving health, performance, and quality of life)

**Follow-Up NUTRITION COUNSELING Appointments** (30 min): $30

* nutrition counseling beyond the initial learning session for nutrition improvement maintenance

**Follow-Up EQUIPMENT ONLY Appointment** (30 min): $40

\*(can be scheduled monthly)\*

* Re-tesing Body Composition Analysis only ($30)
* Re-testing Metabolism only ($30)

**Package Deal**: Initial visit + follow-up nutrition counseling visit + 2 follow-up equipment or nutrition counseling appointments (total time: 2.5 hrs): $300 (retail $330)