

Pricing Options

Choosing to invest in your health is one of the most empowering decisions you can make. My coaching program gives you consistent support, accountability, and customized guidance without the overwhelm or one-size-fits-all advice you'll find online.

Together, we'll build habits that *actually stick* and create a lifestyle that supports you and your goals.

All Plans Include:

- Weekly 1:1 sessions
- Individualized nutrition + lifestyle coaching
- Accountability check-ins
- Access to resources

12-Month Plan

Recommended if you want deep lifestyle change, accountability all year long, and support through life seasons (holidays, vacations, stress, schedule changes).

- Designed for lasting, sustainable results, not quick fixes.
- Allows time to build habits gradually and confidently, without overwhelm.
- Supports you through a full year of real life - holidays, busy seasons, setbacks, and wins.
- Ideal if you want to transform your relationship with food, movement, and health long-term.
- Perfect for people who prefer consistent, steady support and don't want to rush the process.
- Behavior change research shows that long-term accountability is one of the strongest predictors of long-term success.

Option A - Pay in Full

- **\$2,160**
- 10% discount off of regular price of \$2400
- Billed in full at time of sign up

Option B - Monthly Billing

- **\$200/month for 12 months**
- Automatic billing

6-Month Plan

For those who are ready to make a meaningful shift but don't want a full-year commitment.

- Great for building strong, consistent habits in nutrition, movement, and stress management.
- Enough time to see clear progress in energy, confidence, and lifestyle changes.
- Ideal for clients who feel motivated and want structured support but prefer a mid-length commitment.
- Works well for people who have a specific goal (like lowering cholesterol, improving energy, or developing a healthier routine).

Option A - Pay in Full

- **\$1,134**
- 10% discount off of regular price of \$1260
- Billed in full at time of sign up

Option B - Monthly Billing

- **\$210/month for 6 months**
- Automatic billing

3-Month Plan

For those who want short-term guidance and momentum, or who want a “test run” before committing to something longer.

- Ideal for a kickstart, reset, or targeted goal.
- Helps you build early momentum and clarity around your goals.
- Great for people who want support but aren't ready for a long-term program.

Option A - Pay in Full

- **\$660**
- Billed in full at time of sign up

Option B - Monthly Billing

- **\$220/month for 3 months**
- Automatic billing

Want to learn more about how coaching can help you meet your goals? Schedule your free discovery call - no strings attached!

Button: Schedule My Free Call