

Rome wasn't built in a day

This is a 12-month program that includes an initial 1-hour consultation where we will do an in-depth assessment of your current status, what your goals are, and come up with a plan.

We will then have weekly check-ins to assess where we are, and how to proceed. These check-ins can be on zoom, on the phone, in person, or simply over text message or email, depending on what your needs are, and what works best with your schedule.

You will have 24/7 access* to coach for any questions or concerns that would come up, or for any extra support, or accountability you might need during the program.

This program is for the person who is serious about their health, and is determined to put in the work. You know that it took years to develop your current habits, and are in it for the long-haul to develop healthy habits that will last a lifetime.

Cost: \$249.- per month

*all messages will be returned asap, but coach needs to sleep some times....guaranteed response within 12 hours.