



**Keep results happening
with Ongoing Coaching.**



Personalized Health Coaching

With every lifestyle and eating assessment MetaFit offers ongoing coaching that ensures the development of long term skills in living a healthy life. You are connected to a network of dedicated health professionals that coach you in specific areas dealing with nutrition, exercise, stress management, and overall balanced living.

Choose from 3-6-9 months of Ongoing Coaching. Continue for as long as you need. Additional assessments and services such as diet plans, personal training programs, and stress management are available at your request

Monthly Coaching Packages	3 month	6 month	9 month
Personalized Strategy for new health goals	✓	✓	✓
30-minute coaching sessions ¹	6	12	18
Unlimited email/text support	✓	✓	✓
Private Facebook group membership	✓	✓	✓
Weekly Accountability	✓	✓	✓
Discounts on retests	✓	✓	✓
Timely health resources	✓	✓	✓
	\$65/mo	\$62/mo	\$60/mo

¹Coaching sessions can be split into multiple 15 mins sessions for weekly contact

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