

HEALTH COACH PROGRAM	BENEFITS
FINDING YOUR OPTIMAL HEALTH: Discovery Session FREE (\$75 value)	<ul style="list-style-type: none"> ·Uncover obstacles that are stopping you or slowing you down ·Develop powerful vision for your health ·Discover foods and lifestyle habits that are currently limiting you ·Get a Step by step plan for your health journey
28 DAY JUMPSTART (4 Sessions)	<ul style="list-style-type: none"> ·4 Scheduled Weekly One-On-One Sessions ·Private Facebook Group ·Access to Customized Health Coach App ·Building a healthy base ·Introduction to working with a health coach
NEW HABITS, NEW YOU (8 Sessions)	<ul style="list-style-type: none"> ·8 Scheduled Weekly One-On-One Sessions ·Private Facebook Group ·Access to Customized Health Coach App ·Building a healthy base + empowering habit change ·Overcoming Challenges
ACHIEVING YOUR OPTIMAL HEALTH: Total Transformation (12 Sessions)	<ul style="list-style-type: none"> ·12 Scheduled Weekly One-On-One Sessions ·Private Facebook Group ·Access to Customized Health Coach App · Building a healthy base + empowering habit change + transforming behaviors ·Dive deeper into your optimal health and lifestyle
4 FOLLOW UP SESSIONS	<ul style="list-style-type: none"> ·Available after completing 1 of the above Health Coach Programs ·Use Anytime within a Year of purchase · Customized Sessions to Address Your Specific Need
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We aim to help you create healthy habit change that leads to healthy behavior, which leads to a healthy lifestyle.

