

Pricing:

YOUR FIRST STEP- MESSAGE ME FOR A FREE 15 MIN CONSULTATION PHONE CONSULTATION

21 day accountability program

\$299

What you get:

Access to me M-F in the evening. You will send me a photo of each of your meals. I will review and look for portion sizes, nutrient diversity, and more.

Who is 21 days good for?

New clients looking to try a 21 day program to get a feel for how it works.

NEXT STEP:

3-6 months from your wedding: Friday check ins and Monday mornings.

Each additional week from a 21 days is \$30

Who is this good for?

Brides who need long term support

Personal Training 1 hour- \$65 a session. I recommend 2x a week.