

# Lifestyle Package

My ultimate goal is to assist my clients in developing a LIFESTYLE that they can sustain and enjoy for the rest of their life. Eating healthy, staying active, and maintaining a healthy balance in all facets of life. That's why I offer the "Lifestyle Package", an all-encompassing program that ensures complete structure and constant accountability.

## The Lifestyle Package includes-

### 4x One on One Personal Training Sessions

*(meet once a week, additional sessions can be added)*

### Custom Meal Plan

*(adjusted accordingly based upon progress)*

### Custom Workout Program

*(home or gym)*

### Daily Motivation

*(motivational emails)*

### Weekly check-ins

*(to track progress and make changes accordingly)*

### Rates and Packages

**1 month(4 weeks)- \$400**

**3 months (12 weeks)- \$1000**

**6 months (24 weeks)- \$1500**

