

# INDIVIDUAL SERVICES

**START WITH A FREE WELLNESS CHAT TO EXPLORE BEST FIT**

## 90 Day Coaching Program - 12 Sessions

- **Focus:** Build confidence, strengthen self-belief, and create lasting habits that support your lifestyle. Through 12 personalized 1-hour sessions, we'll turn your goals into consistent action, build momentum, and make real progress towards your health goals.
- **Ideal For:** Clients who know what to do but struggle with structure, consistency, and follow-through, and are ready for meaningful, long-term transformation.

## 30 Day Coaching Program - 4 Sessions

- **Focus:** Jump-start your lifestyle changes, build momentum, and make real progress toward your goals in 4 one-hour sessions. We focus on creating actionable habits, leveraging strengths, and setting up structures that support follow-through.
- **Ideal For:** Clients who want short-term guidance to take action, clarify priorities, and build confidence in achieving their goals.

## Maintenance Coaching - 3 Sessions

- **Focus:** Sustain progress, refine habits, and continue building momentum through 3 one-hour sessions. Receive personalized support to stay on track, strengthen self-belief, and maintain consistent progress toward your goals.
- **Ideal For:** Clients who want flexible support to maintain habit changes, troubleshoot challenges, and accountability support moving forward.

## Single Maintenance Session -

For focused, one-off support or a personalized reset.

*\*\*HSA/FSA reimbursement may be available with a medical provider referral, and a superbill can be provided for submission to your insurance provider. Coverage cannot be guaranteed. Flexible payment plans are also available.*