



Nutrition Coaching Packages

Silver: One 60-minute private session with Michelle including the following:

- 3-day food journal initial analysis
- Goal setting
- Body composition assessment (weight, measurements, % body fat analysis)
- Strategize nutrition adjustments to help you achieve your goal

\$200 + GST

Gold: A 60-minute initial private session with Michelle including the following:

- 3-day food journal initial analysis
- Goal setting
- Body composition assessment (weight, measurements, % body fat analysis)
- Strategize nutrition adjustments to help you achieve your goal

PLUS:

- A 30-45 minute **monthly** in person check in to reassess body composition, to provide an additional 3-day food journal analysis, and to re-align nutrition strategies so you can continue to progress
- Email and text support from your nutrition coach 24/7

\$500/month + GST with a minimum 2-month commitment

Platinum: A 60-minute initial private session with Michelle including the following:

- 3-day initial food journal analysis
- Goal setting
- Body composition assessment (weight, measurements, % body fat analysis)
- Strategize nutrition adjustments to help you achieve your goal

PLUS:

- A 30-45-minute **weekly** in person check in to reassess body composition, to provide an additional 3-day food journal analysis, and to re-align nutrition strategies so you can continue to progress
- Email and text support from your nutrition coach 24/7

\$900/month + GST with a minimum 2-month commitment

To register, please email Michelle at take2pt@shaw.ca or call (250) 508-6381