

*Learn to nourish your mind, body & soul.
Ditch dieting & time-consuming training.*

**Feel fed, fit & fulfilled to live
energized with a body you love.**



**FED, FIT &
FULFILLED**

Fulfilled: TRANSFORMATIONAL COACHING

*4 month deep dive

THE FRAMEWORK:

- 16 Weeks of Support, Learning & Integration
- Personalized Fed, Fit & Fulfilled Blueprint
 - Movement & Fitness
 - Nutrition & Gut Health
 - Mind & Body Regulation
 - Lifestyle Optimization
 - Tools for Nervous System Regulation
- 12 Sessions of Personal Lifestyle Transformation Coaching + Daily Voice/Text Support
- Access to all Fed & Fit Academy Courses & Programs & Fitness/Nutrition App
- Up to 20% off any recommended supplements

\$2500 paid in full
or 4 installments of \$695

*Application Based Enrollment



Next Steps: If this is a FULL bodied, "YES! I'm ready."

Choose Investment Option: Paid in Full **\$2500** Monthly **\$695**
• [CLICK HERE](#) • [CLICK HERE](#)

Setting a Foundation for Support:

- Welcome Email
- Invitation to Support Tools:
 - Fed & Fit App
 - Voxer App for support communication
 - 4 Month Tune-In Session schedule
 - Celebrate yourself for CHOOSING an optimized way of life!

