

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**

Fed & Fit Academy:

28 DAY METABOLIC REBOOT

Nutrition & Movement Plan: Fed & Fit Academy App

Weekly Coaching Consultation (4 total)

Weekly Learning Series

Email/text Support

Group Community & Support



\$199



1 ON 1

HOLISTIC WELLNESS & LIFESTYLE COACHING

60 Day Commitment

We will work in close alignment together over two months to implement lifestyle tools customized to meet your unique history, physiology and desire for your body, mind & soul.

Utilizing assessments, data and curiosity, I will guide you on a discovery journey for a personal blueprint to meet your wellness needs.

\$799 paid in full
or 3 installments of \$290

THE FRAMEWORK:

- 1-hour consultations once per month (2 total)
- Bi-weekly follow-up appointments (30-minutes each) (4 total)
- Weekly e-mail check-ins & voice/text support
- Personalized movement, nutrition & supplement recommendations
- Lifestyle tools to handle stress, move more and sleep better
- Up to 20% off any recommended supplements



*Application Based Enrollment

Fulfilled: TRANSFORMATIONAL COACHING

*90 Day Deep Dive

THE FRAMEWORK:

- Address ALL areas of life: personal, business, mind, body & soul
- Personalized Fed, Fit & Fulfilled Blueprint
 - Movement & Fitness
 - Nutrition & Gut Health
 - Mind & Body Regulation
 - Lifestyle Optimization
- 12 Sessions of Personal Lifestyle Transformation Coaching + Daily Voice/Text Support
- Access to all Fed & Fit Academy Courses & Programs
- Up to 20% off any recommended supplements

\$3200 paid in full
or 3 installments of \$1174

*Application Based Enrollment



Fed & Fit Academy:

An Online Platform for transformation at your fingertips

Courses & Programs:

- **Eating For Fat Loss:** **\$39**
 - 6 Weeks
 - Fed Fit & Fulfilled Community
- **Fit Fusion Metabolic Fitness** **\$19**
 - 4 Weeks
 - Fed & Fit Academy App
 - Fed, Fit & Fulfilled Community
- **Fed, Fit & Fulfilled OnDemand** **\$9/monthly**
 - Access to On Demand Library
 - Community Support & Accountability



Fed & Fit Single Sessions:

Fitness Training:

- Personal Training: Single Session **\$85**
 - Personal Fitness Training
 - Mobility/Stretch/Recovery
 - Fitness Assessment
 - Fitness Programming
- Personal Training: 1-2 x Week: **\$280/560 monthly**

**email to get on the waitlist*

Holistic Wellness & Lifestyle:

- Single Session **\$125**
- Metabolic Optimization
- Restorative Gut Support Plan
- Movement, Nutrition & Lifestyle Blueprint

