

**value:
\$3,500**

only \$997
+GST

3 MONTH HEALTH PROGRAM

- 1 nutrition assessment
- 12 group coaching calls
- Clients welcome guide
- Weekly email check-ins
- Weekly habits calendar
- Modules with detailed resources for goal setting, meal planning, stress management and more!
- Resource Library
 - goal setting worksheets
 - personal values worksheet
 - meal planning guides
 - recipe guides
 - stress management guide
 - morning routine guide
 - grocery shopping guides