

# Andrea Barkley

## PRIVATE NUTRITION COACHING OPTIONS

### #1. 4-WEEK KICKSTART

- + A thorough, deep consultation and personalized, recommended meal plan.
- + Actionable food and fitness goals.
- + Weekly coaching calls to meal plan, review what is and isn't working, etc.
- + Unlimited email and text support within normal hours of course :)
- + Access to my 21 Day Home Workout & Clean Eating Challenge where you'll receive a daily workout and additional nutrition guidance sent to your email every morning
- + In summary, a 4 week kick-start to help redirect you toward feeling your healthiest and fittest.

Total cost: \$425

### #2. ALL-IN

- + Actual online personal fitness training with nutrition coaching included.
- + We meet 2x - 3x/week for 45 minutes to an hour and actually workout together on Zoom.
- + We'll do our nutrition coaching in that time as well.
- + This option is \$800/monthly for 2x/week or \$1200/monthly for 3x/week.
- + This is great if you need accountability, form monitoring, and to be pushed.

### IMPORTANT NOTES

Currently only accepting new clients who are motivated and willing to do the work. There may be homework, books to read, etc. I always offer a money back guarantee, but only if the client has fully participated. :) All sessions take place online via Zoom.