



Service Pricing

Service details provided at <http://guaranteedgiddy.com/services/>

Life Coaching Series

3 Month Coaching Series

\$200 per month (\$25 discount if all 3 months paid up front)

6 Month Coaching Series

\$200 per month (\$50 discount if all 6 months paid up front)

What to expect from Life Coaching:

- Bi monthly coaching calls (one hour calls every two weeks over a 3 or 6 month period)
- E-mail support in between coaching calls
- Step by step goal setting and action step creation
- Authentic encouragement from a certified Beautiful You Life Coach
- Custom personal development guidance
- Create the life of your dreams (really!)

Personal Training

Single Person Packages

Five 1 Hour Training Sessions \$300

Ten 1 Hour Training Sessions \$550

Two Person Packages

Five 1 Hour Training Sessions \$475

Ten 1 Hour Training Sessions \$850

What to expect from Personal Training:

- Exercise routines including strength, cardio and flexibility training taught in person or via video call (Skype)
- At home routine creation for solo workouts
- Safety guidelines
- Breathing technique breakdown
- Gain back body confidence
- Boost in energy
- Fat loss
- Gain lean muscle mass
- Reduce risks of heart disease and other health issues

Personal Training at The Club at Carlton Woods

\$65 per 1 hour training session

Nutrition Consulting

3 Month Program \$300

What To Expect From Nutrition Consulting:

- Bi Monthly accountability meetings (30 minute calls every two weeks after initial consult)
- Meal plans
- Oodles of recipes
- Boost in energy
- Fat loss
- Body composition improvement
- Reduce risks of heart disease and other health issues