

# Progressive Fitness, LLP

TDA 30 Min

1 Client						
Clients	Months	Sessions/wk	Cost/Session	Total Sessions	Paid in Full (cash)	Paid monthly (+2.9%)
1	1	1	\$46.90	4	\$187.60	\$193.04
1	1	2	\$45.66	9	\$410.98	\$422.90
1	1	3	\$44.43	13	\$577.58	\$594.33
1	1	4	\$43.19	17	\$734.30	\$755.59
1	3	1	\$40.72	13	\$529.41	\$181.59
1	3	2	\$39.49	26	\$1,026.72	\$352.16
1	3	3	\$38.25	39	\$1,491.91	\$511.73
1	3	4	\$37.02	52	\$1,924.99	\$660.27
1	6	1	\$34.55	26	\$898.28	\$154.05
1	6	2	\$33.31	52	\$1,732.33	\$297.10
1	6	3	\$32.08	77	\$2,470.09	\$423.62
1	6	4	\$30.84	103	\$3,176.94	\$544.85
1	12	1	\$28.37	52	\$1,475.45	\$126.52
1	12	2	\$27.14	103	\$2,795.33	\$239.70
1	12	3	\$25.90	155	\$4,015.14	\$344.30
1	12	4	\$24.67	206	\$5,081.84	\$435.77

2 Clients						
Clients	Months	Sessions/wk	Cost/Session	Total Sessions	Paid in Full (cash)	Paid monthly (+2.9%)
2	1	1	\$49.99	4	\$199.95	\$205.74
2	1	2	\$48.75	9	\$438.76	\$451.49
2	1	3	\$47.52	13	\$617.72	\$635.63
2	1	4	\$45.05	17	\$765.79	\$788.00
2	3	1	\$43.81	13	\$569.55	\$195.36
2	3	2	\$42.58	26	\$1,106.99	\$379.70
2	3	3	\$41.34	39	\$1,612.32	\$553.03
2	3	4	\$38.87	52	\$2,021.32	\$693.31
2	6	1	\$37.64	26	\$978.55	\$167.82
2	6	2	\$36.40	52	\$1,892.88	\$324.63
2	6	3	\$35.17	77	\$2,707.83	\$464.39
2	6	4	\$32.70	103	\$3,367.75	\$577.57
2	12	1	\$31.46	52	\$1,636.00	\$140.29
2	12	2	\$30.23	103	\$3,113.34	\$266.97
2	12	3	\$28.99	155	\$4,493.70	\$385.33
2	12	4	\$26.52	206	\$5,463.45	\$468.49

3 Clients						
Clients	Months	Sessions/wk	Cost/Session	Total Sessions	Paid in Full (cash)	Paid monthly (+2.9%)
3	1	1	\$56.16	4	\$224.65	\$231.16
3	1	2	\$54.93	9	\$494.34	\$508.68
3	1	3	\$53.69	13	\$697.99	\$718.23
3	1	4	\$51.22	17	\$870.77	\$896.02
3	3	1	\$49.99	13	\$649.83	\$222.89
3	3	2	\$48.75	26	\$1,267.54	\$434.77
3	3	3	\$47.52	39	\$1,853.15	\$635.63
3	3	4	\$45.05	52	\$2,342.42	\$803.45
3	6	1	\$43.81	26	\$1,139.10	\$195.36
3	6	2	\$42.58	52	\$2,213.98	\$379.70
3	6	3	\$41.34	77	\$3,183.31	\$545.94
3	6	4	\$38.87	103	\$4,003.78	\$686.65
3	12	1	\$37.64	52	\$1,957.10	\$167.82
3	12	2	\$36.40	103	\$3,749.37	\$321.51
3	12	3	\$35.17	155	\$5,450.83	\$467.41
3	12	4	\$32.70	206	\$10,907.70	\$935.34

**Dietitian**

**Package 1 \$125**  
 Initial Consultation (60 minutes)  
 Meal Plan  
 One Follow-up visit (30 minutes)

**Package 2 \$275**  
 Initial Consultation (60 minutes)  
 Meal Plan  
 Three Follow-up visits (30 minutes)  
 Body Gem Testing

**Package 3 \$425**  
 Initial Consultation (60 minutes)  
 Meal Plan  
 Seven Follow-up visits (30 minutes)  
 Body Gem Testing

Extras

\$175 4 Follow-up visits (30 minutes)  
 \$325 8 Follow-up visits (30 minutes)  
 \$480 12 Follow-up visits (30 minutes)  
 \$60 One Follow-up visit (30 minutes)  
 \$55 Body Gem Testing  
 Free Body Fat Testing  
 Free 30 Minute Assessment