

Progressive Fitness

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

Counseling Package Includes

Comprehensive Nutrition Assessment

This involves gathering information about your medical and nutritional history, typical daily food and beverage consumption, food preferences and nutrition concerns.

Customized Meal Plan

After your Comprehensive Nutrition Assessment, we will determine the kinds of food and calorie levels that are perfect for your fitness and weight goals.

Follow-up Consultations

Work with your Dietitian to adjust calorie consumption, request different food options and discuss food substitutions for your hectic schedule. Education is the key to healthy eating. Time between sessions will be determined based on level of accountability required.

Email access for questions/concerns

Have a question about your meal plan? Feel free to ask.



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