

What is included/ Cost (Extreme Transformation Package):

- 1) In-depth questionnaire
- 2) Either carb cycling or macro-based meal plan option. With the ability to also add a strict meal plan.
- 3) Customized nutrition program based on your goals and lifestyle.
- 4) Supplementation recommendations
- 5) How to be successful
- 6) What app(s) to use to help you track.
- 7) Recipes (if needed, upon request)
- 8) Directions on when to eat for success.
- 9) Customized workout split
- 10) Customized cardio prescription (if needed)
- 11) Customized workout plan
- 12) Access to an online fitness community/ app which sends reminds for workouts + accountability perks
- 13) Tips for your daily workout via the app.
- 15) Adjustment sheet sent off every 2-4 weeks, adjustments based on your follow up questionnaire/ self-assessment
- 16) Unlimited education and support
- 17) Access to a private FB community
- 19) Tips for success while changing your lifestyle
- 20) Unlimited form corrections (via email)
- 21) My private phone number