



In Person & Online Nutrition Program	12 Week Program \$299.00
<p><u>Includes:</u></p> <p>Initial one on one <b>60-minute consultation</b> session with our nutrition coach (also includes <b>2 - 30 minute follow up sessions</b>, one after the first 4 weeks and a final session at the end of the 12-week program to ensure compliance and answer questions).</p> <p><b>The program includes:</b></p> <ul style="list-style-type: none"> <li>• Fitness Assessment, body fat analysis, circumference measurements, before/after pictures, personalized structured nutrition program, brain chemistry and metabolic assessment.</li> <li>• HIPAA Compliant Online Supplement Assessment</li> <li>• 12 weeks of weekly webinar coaching which will cover nutrition, lifestyle and specific exercise protocols</li> <li>• Private Facebook Page for daily questions</li> <li>• Daily Educational Emails</li> <li>• Access to the various Keenan Fitness protocols (i.e. beginner and band workouts), in addition to others.</li> <li>• Basically, anything else we get, create or launch, you get as part of your membership :)</li> </ul>	<p><u>This is for the person who:</u></p> <ul style="list-style-type: none"> <li>• Can work independently in following exercise protocols online (membership portal provided in the price)</li> <li>• Has access to email and social media</li> <li>• Looking to lose weight</li> <li>• Increase energy</li> <li>• Optimize sleep</li> <li>• Reconcile and eliminate chronic disease</li> </ul>

\* Additional weekly 30 minute follow ups @ \$30 session