

# Whole Life Fitness Services and Pricing

	Plan #1	Plan #2	Plan #3	Plan #4	Plan #5	Maintenance 1	Maintenance 2	Maintenance 3
<b>Plan Name</b>	Ultimate Commitment to FBP& Intuitive Eating	Take Responsibility for Success & Learning	Committing to Move & Learn	First Steps to Physical Activity and Exercise	Let's Start Moving Plan	Reinforcing the Learning of Acquired Skills and Tools	Locking in Behavior Change	Relapse Prevention
<b>Ideal for clients who:</b>	Require consistent accountability OR new to physical activity OR a desire to make a full commitment to making a change in exercise habits WITH a desire to implement and learn about the <b>INTUITIVE EATING</b> approach to life style changes. The coaching will <b>INCLUDE</b> use of <b>WELLCOACHING</b> Techniques & Practices	Some previous experience with physical activity and has demonstrated the ability to stick with it in the past. Also, a strong desire to change and learn about the <b>INTUITIVE EATING</b> approach to life style changes. The coaching will <b>INCLUDE</b> use of <b>WELLCOACHING</b> Techniques & Practices	Some previous experience with physical activity. A desire to see what <b>FITNESS BY PHONE</b> has to offer and learn about <b>INTUITIVE EATING</b> . The coaching will <b>INCLUDE</b> use of <b>WELLCOACHING</b> Techniques & Practices	Is just entering the action phase of change and wants to establish self-management tools and is ready to make the cardiovascular improvements. The coaching will <b>INCLUDE</b> use of <b>WELLCOACHING</b> Techniques & Practices	Are vacillating between preparation and action phases of change and want to just get acclimated to lifestyle activity only.	Have learned all the skills & tools desired & necessary at this stage of physical activity but may need reinforcement OR taken longer to get consistent in making physical activity part of their lifestyle	Have learned all the skills & tools desired & necessary at this stage of physical activity & a fast learner OR already completed M-1 & ready to progress to locking in behavior change	Have gone through M 1 or 2 OR through Plan 1,2,3 & demonstrated full integration of self-management, consistent use of Activity Monitors, Fitness Diary and Strength Training Diary
<b>Program length</b>	<b>20 weeks</b>	<b>16 Weeks</b>	<b>12 Weeks</b>	<b>10 weeks</b>	<b>8 weeks</b>	<b>24 weeks</b>	<b>24 weeks</b>	<b>24 weeks</b>
<b>Call length</b>	30 minutes	30 minutes	30 minutes	20 minutes	15 minutes	15 minutes	15 minutes	20 minutes
<b>Total calls</b>	20	16	12	10	5	12	10	6
<b>Call frequency</b>	Weekly	Weekly	Weekly	Weekly	Week 1-4 & Week 7	Bi-weekly	Week 1-9 bi-weekly Week 10 -19/every 3 weeks	Every four weeks
<b>Clients Commitment to Send Documents</b>	Weekly	Weekly	Weekly	Weekly	Weekly	Weekly	Prior to sessions only	Prior to sessions only
<b>Price</b>	<b>\$750.00</b>	<b>\$650.00</b>	<b>\$555.00</b>	<b>\$450.00</b>	<b>\$355.00</b>	<b>\$500.00</b>	<b>\$350.00</b>	<b>\$350.00</b>
<b>Payment plan</b>	\$150.00 - 5 pay increments	\$162.50 - 4 pay increments	\$185.00 - 3 pay increments	\$150.00 - 3 pay increments	\$177.50 2 pay increments	\$100 for 5 payments	\$87.50 for 4 payment	\$87.50 for 4 payment
<b>Average weekly cost to client</b>	<b>\$37.50</b>	<b>\$40.63</b>	<b>\$46.25</b>	<b>\$45.00</b>	<b>\$44.38</b>	<b>\$20.83</b>	<b>\$14.58</b>	<b>\$14.58</b>
<b>Equipment required</b>	Caltrac, Polar FS3 HR Monitor, IE materials	Caltrac, Polar FS3 HR Monitor, IE materials	Caltrac, Polar FS3 HR Monitor, IE materials	Caltrac, Polar FS3 HR Monitor	Caltrac, Polar FS3 HR Monitor	Whatever using previously	Whatever using previously	Whatever using previously
<b>Equipment recommended</b>	Intuitive Eating CD, Training Fan, Undieting Book	Intuitive Eating CD, Training Fan, Undieting Book	Intuitive Eating CD, Training Fan, Undieting Book	Intuitive Eating CD, Training Fan, Undieting Book				
<b>Estimated Cost of Equipment</b>	<b>\$175.00</b>	<b>\$175.00</b>	<b>\$145.00</b>	<b>\$145.00</b>	<b>\$145.00</b>			
<b>Number of PT Sessions Included (local)</b>	3 valued at \$75.00 each	2 valued at \$75.00 each	1 valued at \$75.00 each	None	None			