



Health Coaching

21 Day Pack

- **Coaching session** (3 hours)
 - *Your health issues explained*
 - *Navigation of main health hurdles*
 - *Your next step*
 - *Reading / podcast / webinar references*
- **Meal Planner**
 - *Personalised cleanse schedule*
- **Supporting Elements**
 - *Supplement / herb schedule*
 - *Meditation / exercises, & optional prayer*
 - *Physical exercise*
- **21 Day Follow Up** (20 minutes)
 - *Check-in*
 - *Main focus*
 - *Update Meal Planner*
 - *Update Supporting Elements*

FREE
BONUS*

- **42 Day Follow Up** (20 minutes)
 - *Check-in*
 - *Main focus*
 - *Update Meal Planner*
 - *Update Supporting Elements*
- **Cheat sheet**
 - *A sheet saving you time and money*
- **Intuitive guidance** (optional)
 - *Intuitive help*

Pricing

NZD **\$1209**

Payment plan: **\$1401**
(3x \$467)

* the free bonus items are not included in the payment plan.