



Design Your Own Health Coaching Program Pkgs



Package Type #1

• Monthly Retainer

- Clients work with you on a month-to-month basis
- Can cancel on either end with 30-days notice
- Automatically billed unless cancelled
- Set number of sessions of particular duration each month
- Great way to get started



Package Type #2

• Time Period Package

- Multi-month commitment
- Substantial savings over retainer
- Walk them through your system
- Accountability (forms, status, diet diaries)
- Include bonus materials:
Assessments, Handouts, e-Books, Checklists



Package Type #3

• Package of Sessions

- Clients commit to a certain number of sessions
- Clients can use sessions whenever they want
- Savings compared to individual sessions
- Put a time limit on it so they don't come back years later to use their sessions
- Example: Package of 5 Sessions