

### Standard 1:1 Consultations

Initial Consultation (60 mins)	\$120
Extended Initial Consultation (90 mins)	\$175
Follow Up Consultation (30 mins)	\$60
Extended Follow Up Consultation (40 mins)	\$75

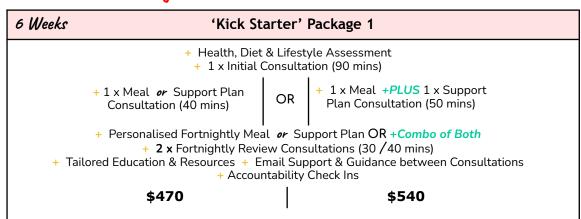
## Specialised 1:1 Consultation

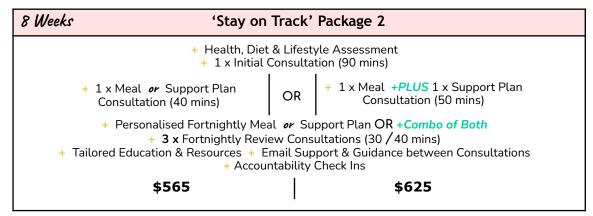
## Health, Diet & Lifestyle Assessment +PLUS Initial Consultation \$275

#### Includes:

- + 1:1 Initial Consultation (90 mins)
- + Review of your Health, Diet & Lifestyle
- + Analysis of your 7 Day Food & Drink Diary
- + Areas of Improvement & Change Identified (inline with your Goals)
- Recommended Macros & Dietary Guidelines (inline with your Goals)
- + Personalised Guidance & Education

## 1:1 Value Packages





# 1:1 Premium Value Package

#### 12 Weeks 'Transform & Sustain' Package 3 + Health, Diet & Lifestyle Assessment + 1 x Initial Consultation (90 mins) + 1 x Meal +PLUS 1 x Support Plan + 1 x Meal or Support Plan OR Consultation (50 mins) Consultation (40 mins) + Personalised Fortnightly Meal or Support Plan OR +Combo of Both 5 x Fortnightly Review Consultations (30 /40 mins) + Tailored Education & Resources + Email Support & Guidance between Consultations + Accountability Check Ins \$745 \$795