

LOOK GOOD! DO GOOD! FEEL GOOD! <3

Nutrition Consultation

- ✓ 30 minute phone call nutrition consultation
- ✓ Access to 6 weeks worth of educational modules , mindset activities & resource library (recipes, cookbooks, eating out, etc)

Lifestyle Management package

- ✓ Full access to ACC App with data
- ✓ Customized workout plan: (lifting, HIIT, yoga, walking, running, meditation)
- ✓ Access to educational modules, mindset activities & resource library
- ✓ Monthly progress report with video overview discussing the data
- ✓ Customized nutrition work



Platinum Package

- ✓ 1:1 coaching that fits your schedule
- ✓ 24/7 coach communication & accountability
- ✓ Full access to ACC App with data
- ✓ Customized workout plan: (lifting, HIIT, yoga, walking, running, meditation)
- ✓ Weekly client check-in's
- ✓ Customized nutrition work
- ✓ Access to educational modules, mindset activities & resource library

“Abby has been the BEST investment for myself ever! She has taught me way more in the short amount of time of working with her than I did in the time I worked with other health coaches and even past therapists! I think the overall lesson I've learned is to just keep going. This is something you hear all the time but hearing it from Abby in multiple ways has really helped me implement and remember to keep going no matter how I'm feeling or what I'm experiencing.”

Tara O. 32

Change your life now!

☎ 641-751-4621

🌐 abby.christine.coaching@gmail.com



**All packages require a signed contract prior to the start of coaching.*

**Other packages available upon request*