

Dietitian Drive

Your Road Map to Wellness

Road Map to Wellness Packages

Package type		Cost
You Road Map to Wellness, Initial Evaluation	<ul style="list-style-type: none"> 45 minute online session History of current challenges or problem Evaluation of current nutrition and exercise Collaborative goals setting for achievable short-term and long term goals Individualized action plan to achieve wellness, improve nutrition Review of barriers and strategies to overcome Creation of accountability plan The consult will be followed up with an email summarizing what we talked about, an action plan that states your goals and working solutions. \$95.00 can be placed towards any monthly package 	\$95.00
Transformation Check-ins	<ul style="list-style-type: none"> 30 minute online support session Review of progress since the initial consult Review of problems and barriers to achieving goals Reassessment of your goals and adjustments in approach implementing change Creation of an action plan and accountability Road map to Wellness Plan, summarizing what we talked about, an action plan that states your goals and working solutions, individualize goals and meal plans 	\$75.00
1 Month Starter	<ul style="list-style-type: none"> You Road Map to Wellness, Initial Evaluation One Transformation Check- in Weekly email accountability check in 	\$165.00/month
3 Month Premium	<ul style="list-style-type: none"> You Road Map to Wellness, Initial Evaluation 3 Transformation Check- in Weekly email accountability check in 	\$150.00/month
6 Month Deluxe	<ul style="list-style-type: none"> You Road Map to Wellness, Initial Evaluation 11 Transformation Check- ins Weekly email accountability check in 	\$140.00/month
Weekly Transformation Check- ins	<ul style="list-style-type: none"> You Road Map to Wellness, Initial Evaluation One Transformation Check- in per week for 4 wks or 6 wks or 8 wks Weekly email accountability check in 	4 wk: \$75/wk 6 wk: \$70/wk 8 wk: \$65/wk
Dietitian Drive Package	<ul style="list-style-type: none"> You Road Map to Wellness, Initial Evaluation and 2 Transformation Check-in <i>(to be used within 9 months of date purchase)</i> 	\$210.00
Transformation Check Up Package	<ul style="list-style-type: none"> 3 Transformation Follow Up <i>(to be used within 9 months of date purchase)</i> 	\$175.00