



THE FEARLESS FORK
Nutrition & Health Coaching Services

COACHING PACKAGES

All packages include:

- Comprehensive Health and Wellness Assessment
- Unlimited email and texting support between sessions
- Summary notes of your insights and thoughts from the coaching session.
- Additional material specific to your journey as needed to support and motivate you

BLUE HILL MOUNTAIN PACKAGE

\$159.00

A **4 week package** for those who would like support in achieving small step goals that breed success and get you started. In four weeks you will be on your way to establishing the confidence you need to make a healthy lifestyle not only possible but a reality.

- One 70 minute Wellness Vision and 3 month goal setting session
- 3 -40 minute coaching sessions with pricing that makes it affordable.

940 feet /287 meters

MOUNT MEGUNTICOOK PACKAGE

\$259.00

An **8 week package** is offered for those who are interested in a 2 month commitment for shifting thinking, and cementing new behaviors. You will benefit from the additional time to work on your goals and can take advantage of the lower pricing.

- One 70 minute Wellness Vision and 3 month goal setting session
- 7 - 40 minute coaching sessions.

1385 feet /422 m

MOUNT KATADHIN PACKAGE

\$339.00

A **12 week package** for establishing the day to day disciplines that will maintain your level of commitment to yourself for optimal health and wellness. 3 months of focus and accountability with a coach is long enough to establish sustainable change in your life and is also short enough to provide some urgency.

- One 70 minute Wellness Vision and 3 month goal setting session
- 11 -40 minute coaching sessions.
- One 40 minute maintenance session provided 2 months after completing package.

5,267 feet /1,605 m

MAINTENANCE

Understanding what is and isn't working and checking in to regroup, re-strategize and review successes is all that is needed to keep us living the healthy behaviors we worked hard to achieve. These 20 minute sessions are here for just that. If you have finished coaching with me for at least 2 months, maintenance is offered at special pricing in honor of your commitment. 3 months \$35.00 and 6 months for \$60.00