

Maintenance & Growth Package

What this package entails:

Let's face it, change is hard to maintain, no matter how dedicated and smart you are. You will certainly leave those 6 sessions with the tools, information, resources and the goals to continue to improve your lifestyle. The Maintenance & Growth Package is designed to provide ongoing accountability, assessment and adjustment of your progress, so that you continually grow and reach your potential. You decide the amount of ongoing support you need, and Kerri has 3 package options to meet those needs.

How we work together and the costs of the 3 Package Options:

- ***Text Check:*** (8 Weeks; once-a-week text message check): Every week you will receive a designated text message/email from Kerri, including: 1) a list of your SMART goal/s from your previous session 2) a question about your progress 3) an identification of barriers 4) your thoughts on overcoming those barriers and next action steps.
Cost: \$150.00 (one-time payment)
- ***Weekly Check:*** (8 Weeks; once-a-week Virtual/Phone Check-in Session): Every week you will have a 30-minute virtual/phone check-in to evaluate progress, update SMART Goals, set new goals and accountability plans.
Cost: \$400.00 (one-time payment and package must be used within 3 months of first session)
Add a Test Check to this package for \$95.00
- ***Monthly Check:*** (8 Months; once-a-month Virtual/Phone Check-in Session): Every week you will have a 30-minute virtual/phone check-in to evaluate progress, update SMART Goals, set new goals and accountability plans.
Cost: \$400.00 (one-time payment and package must be used within 12 months of first session)
Add a Test Check to this package for \$95.00
- ***Add-On Text Check:*** (Length of purchased package) Every week you will receive a designated text message/email from Kerri, including: 1) a list of your SMART goal/s from your previous session 2) a question about your progress 3) an identification of barriers 4) your thoughts on overcoming those barriers and next action steps.

One Time Consult

At times you just need one session here and there or you want to customize how often and when you work with me. This session is created to provide an outlet to ask questions, check in on your progress or to ensure you are on the right path.

- **\$125.00 per sessions**, payment is collected before the session
- There is not limit of how many of these sessions you can uses
- You can book as often or as little as you want