

## Be Your Best Personal Training Pricing

	1 Month (one time only)	3 Month Program	6 Month Program	12 Month Program
<b>Platinum Package</b>	\$555/month	\$1498 paid in full or \$510/month	\$2830 paid in full or \$480/month	\$5328 paid in full or \$450/month
- 3 30-minute private personal training sessions/week -2 30-minute coaching sessions/month -unlimited email, text & private message support -monthly assessment (\$65 value) -workout videos & pdfs -dietary pdfs, recipes, meal plans -habit focused change with pdf & on-line support		<b>\$167 savings</b>	<b>\$500 savings</b>	<b>\$1332 savings</b>
<b>Gold Package</b>	\$415/month	\$1120 paid in full or \$380/month	\$2116 paid in full or \$360/month	\$3984 paid in full or \$340/month
- 2 30-minute private personal training sessions/week -2 30-minute coaching sessions/month -unlimited email, text & private message support -monthly assessment (\$65 value) -workout videos & pdfs -dietary pdfs, recipes, meal plans -habit focused change with pdf & on-line support		<b>\$125 savings</b>	<b>\$374 savings</b>	<b>\$996 savings</b>
<b>Silver Package</b>	\$275/month	\$742 paid in full or \$255/month	\$1402 paid in full or \$240/month	\$2640 paid in full or \$225/month
- 1 30-minute private personal training session/week -2 30-minute coaching sessions/month -unlimited email, text & private message support -monthly assessment (\$65 value) -workout videos & pdfs -dietary pdfs, recipes, meal plans -habit focused change with pdf & on-line support		<b>\$83 savings</b>	<b>\$248 savings</b>	<b>\$660 savings</b>
<b>Bronze Package</b>	\$135/month	\$364 paid in full or \$130/month	\$688 paid in full or \$125/month	\$1296 paid in full or \$115/month
-2 30-minute coaching sessions/month -unlimited email, text & private message support -monthly assessment (\$65 value) -workout videos & pdfs -dietary pdfs, recipes, meal plans -habit focused change with pdf & on-line support		<b>\$41 savings</b>	<b>\$122 savings</b>	<b>\$324 savings</b>
<b>One-Time Fitness Assessment</b>	\$130.00			
-1hour 30 minute complete assessment -body composition -measurements and pictures -postural assessment -movement assessment -health & injury history				

[www.beyourbestpersonaltraining.com](http://www.beyourbestpersonaltraining.com)

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