

	90 Day Transformation <i>(NOTE: runs on a scheduled start date)</i>	Online Personal Coaching PLUS	Online Personal Coaching	Elite	Lite
5 Functional Movement Training Programs/week Includes: - exercise form checks, - strength/cardio and flexibility training	✓	✓	✓	✓	✓
Type of Coaching	Personalized coaching + Content Focus	Personalized Coaching	Personalized Coaching	Content Focus	NA
In-app messenger to communicate with coach	✓ (Priority Support)	✓ (Priority Support)	✓	✓	✓
Coaching Sessions	Weekly Group Zoom Sessions Monthly 1:1 Sessions (3 over course of program)	Bi-weekly Zoom Session	Monthly Zoom Session	Monthly	NA
Intake Call	✓	✓	✓	✓	NA
Results, Progress and Personalized Habit Tracking	Results, Progress and Personalized Habit Tracking	Results, Progress and Personalized Habit Tracking	Results, Progress and Personalized Habit Tracking	Results, Progress and Habit Tracking	Results, Progress Tracking
Nutrition Tracking	Nutrition Tracking and review from coach	Nutrition Tracking and review from coach	Nutrition Tracking and review from coach	Nutrition Tracking	NA
Weekly Reflections due to coach	✓	✓	✓	✓	✓
Corrective Exercise Programming and Training	✓	✓	✓	NA	NA
Feedback from Coach	Weekly	Weekly	Weekly	Bi-weekly	NA
Program Adjustments	As often as needed	Bi-Weekly	Monthly Adjustments	NA	NA
<i>*all prices are subject to HST</i>	\$825 for full program (\$275 x 3 installments)	\$200/month	\$140/month	\$90/month	\$30/month