



On Demand Coaching
\$25
 per week

No 1

Fusion Coaching
\$50+
 per week

Personal Coaching
\$250+
 per week

Personalized attention with private individual coaching sessions (web or phone)			✓
Access to session log notes for reference			✓
Real-time 15 minute coaching check-ins		✓	✓
Sustain motivation and focus with weekly session prep forms		✓	✓
Feedback on assignments and homework		✓	✓
Access to private journaling section for reflection and insight	✓	✓	✓
Ability to visually track metrics and progress toward goals	✓	✓	✓
Maintain accountability with action plans and reminders	✓	✓	✓
Participation in group forums	✓	✓	✓
Weekly worksheets and assignments to generate results	✓	✓	✓
Video snippets to assist with inspiration and instruction for activities	✓	✓	✓
File sharing of relevant resources	✓	✓	✓
Inspirational newsletters and coaching program offers	✓	✓	✓

Note: Fusion Coaching includes 15 min wklly check-in calls. 45 min sessions can be added in lieu of check-in (\$200 each). Personal Coaching includes 4 (45 min) sessions/ month.