

EXERCISE

with *Avocado Aislyn*

3 WEEK PLAN

\$175

- Free Consultation (Virtual or In Person)
 - Go over goals (weight loss, weight maintenance, weight gain, etc..)
- 3 Week Exercise Plan
- Start Up Appointment
 - Review Custom Exercise Plan

7 WEEK PLAN

\$400

- Free Consultation (Virtual or In Person)
 - Go over goals (weight loss, weight maintenance, weight gain, etc..)
- Exercise Plan #1
- Start Up Appointment
 - Review Customized Exercise Plan
- 2 Week Follow Up Appointment
 - Celebrate Mini-Milestones/ Make revisions where needed
- Exercise Plan #2
- Final Appointment
 - Review updated Exercise Plan
 - Track Progress and Reassess goals
- Access to Texts
- Quick Responses to any questions throughout your journey
- Friendly check ins and reminders to keep you on track
- Video critiques encouraged

NUTRITION & EXERCISE BUNDLE

as low as
\$250

Let's fully hit the reset button in life with personalized nutrition and exercise plans!