

RENEW: 90 DAY LIFE DESIGN TRANSFORMATION This program includes:

1. CLARITY QUESTIONNAIRE

This will help us get clear and focused before we get started.

2. SIX one on one coaching with Cody

This can be in person, or through my coaching app using it's telehealth conferencing feature. These sessions will be twice monthly and gives you the accountability and motivation that you NEED to create transformation over the next 3 months.

3. VIP ACCESS to me through my app 24/7.

I'll be in your pocket to provide you all the support and motivation you need throughout your program.

4. NUTRITION CONSULTATION + BLUEPRINT

Do you struggle with...knowing what to eat OR how mucho eat? What supplements to take? Are you feeling bloated and just plain YUCK?! This will help you learn how to nourish your individual body properly and finally feel at ease. You will learn how to make food that is healthy and simple.

5. WORKOUT PLAN + PROGRESSIONS

Get a plan designed for you that aligns with your lifestyle, current fitness level and goals!

6. GROCERY SHOPPING + FOOD PREPPING TIP W/ OPTION FOR A GROCERY STORE TOUR IF YOU LIVE LOCALLY.

Learn how to shop to nourish your body without going over budget. We will eliminate any confusion when tackling nutrition labels and ingredients. We will also learn what to do with that food once you bring it home. My goal is to help you feel at ease at the grocery store and confident in the kitchen

7. WEEKLY ARTICLES, HANDOUTS, AND WORKSHEETS

To help you achieve the life you desire. These will help keep your momentum going and on target towards your health and fitness goals.

PACKAGE COST: \$500 OR 2 PAYMENTS OF \$275

