

## **Renewed Balance** LIFESTYLE COACHING

### **Engage**

- ✓ mobility & recovery  
(1 session/week)
- ✓ nutritional guidance
- ✓ weekly one-on-one check-ins
- ✓ self progress tracking

## **Renewed Balance** LIFESTYLE COACHING

### **Ignite**

- ✓ 5 day workout program  
(2 sessions/week)
- ✓ weekly one-on-one check-ins
- ✓ monthly progress tracking  
with photos & measurements
- ✓ mobility & recovery
- ✓ nutrition guidance

## **Renewed Balance** LIFESTYLE COACHING

### **Transform**

- ✓ personalized workout/  
training program based on  
your goals  
(3 or more sessions/week)
- ✓ weekly one-on-one check-ins
- ✓ weekly progress tracking  
with photos & measurements
- ✓ mobility & recovery
- ✓ personalized macronutrient  
calculation & nutrition  
guidance/meal planning