

TOOLS FOR LIFE®



## FEE SCHEDULE

The Final Edge to Metabolic Control™

\$30.00	Fitness Evaluation. Includes health screening, goal setting, and body composition testing and measurements with pertinent fitness tests.
\$30.00	Program design. Includes Individual Routine, Training Journal, The Final Edge to Metabolic Control™ book/video system. When a second program design is purchased, a progress chart showing the change in fitness evaluation parameters with body composition & measurement testing is included when the results are sent in.
\$30.00	Follow-up. Includes a progress chart of the fitness tests, body composition testing and measurements with a 1/2 hour phone or e-mail consultation.
\$69.00	Complete nutritional profile with exchange list, snack ideas, fast & frozen food tips, recipe book, shopping list, eating out tips, and educational handouts. Includes a progress chart of the fitness evaluation parameters with body composition & measurement testing.

### **CANCELLATION POLICY:**

- Cancellations for consultations with less than 24 hours notice will be charged a \$10.00 flat fee.
- No-shows for consultations will be charged full session price.