



BRITTANY TISDALE

As an ISSA certified health coach, personal trainer, nutritionist, & most importantly... a person who has been there with health & fitness struggles myself, I am ecstatic to share my expertises and passions with YOU! I want to help you build a lifestyle you feel GOOD about that can LAST! I will be your support every step of the way!

You got this!

Brittany Tisdale

Nutrition Coaching

- 30 minute initial consultation
- client history intake
- nutrition education
- goal setting
- 2 additional 20 min consultations
- 2 check ins per week
- additional nutrition guidance (as needed)

\$100 per month
+ tax

Additional Consultations

- creating menu/meal plan, additional check in, etc.

\$20 per session
+ tax

Nutritional Planning

- calorie calculation + macronutrient split

\$15 per session
+ tax

Personal Training

- individual personal training - **in person or virtual available**

\$20 per 30 minutes
+ tax*

- individual personal training - **in person or virtual available**

\$30 per 45 minutes
+ tax*

Group Trainings (5 person max)

- 30 minutes group training - **in person or virtual available**

\$15 per person
+ tax*

Monthly program + Check ins

- personalized monthly program with weekly form checks

\$80 per month
+ tax

Accountability Coaching

- initial, middle, & end of month consultation for goal setting & reflection
- 2 check ins weekly with
- personal development recommendations
- personalized goal chart

\$50 per month
+ tax

Nutrition Coaching + Personal Training Bundle

- 30 minute initial consultation
- client history intake
- nutrition education
- goal setting
- 2 additional 20 min consultations
- 2 check ins per week
- additional nutrition guidance (as needed)
- personalized monthly program with weekly form checks

\$160 per month
+ tax



*other customizations available upon request and subject to pricing based on availability

***All offerings (excluding in-person training) subject to 15.4% tax.**

LET'S WORK TOGETHER!

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