



## COLLABORATIVE OFFERINGS

Although we both offer personal training, nutrition coaching, and accountability support individually, we also offer many things through collaborative efforts. We are excited to bring you a truly personalized wellness experience!

Chat soon,

*Kristi LeBlanc & Brittany Tisdale*

### Accountability Support

- Facebook or GroupMe accountability group membership

\$10 per month + tax

- goal chart PDF

\$5 + tax

- monthly wellness challenge

\$5 + tax

### Cookbooks

- Seven Day Meal Plan, complete with nutrition and macronutrient breakdown

\$21 + tax

- Soups, Sides, & Salads, complete with nutrition and macronutrient breakdown

\$21 + tax

### Wellness Education

- group learning seminars (online & in-person)

\$20 per person + tax\*

### Custom Offerings

- RStM scheduled live group workouts

FREE

- 4 week fitness program with calendar & videos for form

\$40 per program + tax



LET'S WORK TOGETHER!

[www.riseandshiftwellness.com](http://www.riseandshiftwellness.com)

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



## 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!

www.riseandshiftwellness.com | btisdale.shift@gmail.com | @britfit15 @britbrit15



# KRISTI LEBLANC



As an ISSA certified specialist in sports nutrition, personal trainer, nutritionist, and strength training coach, making sure you're fueling your body properly (especially for lifting) is totally my jam! My mission in health and wellness is to help you thrive by helping you find solutions that fit YOUR life. The best part? I'm right there in the trenches with you, every single step of the way.

Let's do the dang thing!

Yours in wellness,

*Kristi LeBlanc*

## 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 nutrition consultation (creating menu/meal plan, additional check in, etc.)

\$20 per session  
+ tax

- calorie calculation + macronutrient split

\$15 per session  
+ tax

## Personal Training

- individual personal training\*

\$20 per 30 minutes  
+ tax\*

- individual personal training\*

\$30 per 45 minutes  
+ tax\*

- 30 minutes group training (5 person maximum)\*

\$15 per person  
+ tax\*

- personalized monthly program with weekly form checks

\$80 per month  
+ tax

**\*Primarily virtual; in-person training sessions available upon request within 25 miles.**

## 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

## Custom Offerings

- customized goal chart


\$5 + tax

**\*Other customizations available upon request and subject to pricing based on availability.**



**\*All offerings (excluding in-person training) subject to 15% tax.**

LET'S WORK TOGETHER!

[www.riseandshiftwellness.com](http://www.riseandshiftwellness.com) | [kleblanc.rise@gmail.com](mailto:kleblanc.rise@gmail.com) |  [@leblanc\\_lifts](https://www.instagram.com/leblanc_lifts)