**InBody Scan**

**Biweekly Virtual Check-Ins**

**Coach Review of Food Log with Biweekly Feedback**

**Goal setting**

**Updated Nutrition Plan Based on Results (if needed)**

**Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients**

**\*\*Starter Nutrition Program or Nutrition Challenge participation is required to join an Ongoing Nutrition Program**

**Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients**

**Updated Nutrition Plan Based on Results (if needed)**

**Goal Setting**

**InBody Scan**

**Access to Exclusive HSN App & Group Messaging Board with Fellow Nutrition Clients**

**Updated Nutrition Plan Based on Results (if needed)**

**InBody Scan**

**Coach Review of Food Log**

# **$149/month**

**$99/month**

**Coach Review of Food Log with Weekly Feedback**

**Weekly Virtual Check-Ins**

**(1) 15-Minute In-Person Meeting with Coach**

**(1) 30-Minute In-Person Meeting with Coach**

**(1) 30-Minute In-Person Meeting with Coach**

**(1) 30-Minute In-Person Meeting with Coach**

# **$75/meeting**

# **Ongoing Nutrition Options**

# **Basic**

**Enhanced**

# **Premium**