

# OneBody Coaching Pricing & Services

---

## Core Nutrition Coaching

*Structured nutrition and accountability for real-life fat loss and muscle building.*

Core Nutrition Coaching is designed for people who want clear structure, consistency, and accountability without extremes or restrictive dieting. This program focuses on sustainable fat loss, strength support, and building habits that work in busy, unpredictable schedules.

### **Who It's Best For:**

- Fat loss or muscle-building goals
- Inconsistent eating patterns
- Struggling with structure
- Wanting accountability and macro guidance
- No significant digestive or hormonal concerns

### **What's Included:**

#### **Personalized Macro Guidance**

Custom calorie and protein targets based on your goals, activity level, and lifestyle. Targets are adjusted as progress unfolds.

#### **Zoom Onboarding Session**

We walk through your targets, expectations, and implementation strategy so you leave confident and clear.

#### **Weekly App Check-Ins**

Structured accountability reviewing:

- Food consistency
- Protein intake
- Bodyweight trends
- Habit consistency
- Obstacles and adjustments

#### **Monthly Coaching Call (~30 min)**

We assess progress, adjust macros if needed, troubleshoot plateaus, and refine your plan.

#### **Ongoing Messaging Support**

Communication through the coaching app with responses typically within 12 hours.

## Investment:

### 3-month commitment

#### Individual

- \$119 per month
- \$297 for 3 months paid in full (save \$60)

#### Couples

- \$169 per month
  - \$447 for 3 months paid in full (save \$60)
- 

## Functional Nutrition Coaching

*Deeper support for digestion, hormones, energy, stress, and metabolic patterns.*

Functional Nutrition Coaching is for clients who feel like something deeper is affecting their progress. Instead of focusing only on calories and macros, we examine root patterns contributing to symptoms and stalled results.

### Who It's Best For:

- Chronic fatigue or low energy
- Digestive concerns (bloating, irregularity, discomfort)
- Hormonal shifts
- Stubborn weight that hasn't responded to dieting
- Elevated stress impacting health

### What's Included:

#### Comprehensive Health Intake

A detailed review of health history, symptom inventory, medications, supplements, lifestyle factors, and past labs.

#### 60–75 Minute Initial Strategy Session

We review your health timeline, identify patterns, and prioritize next steps.

#### Personalized Functional Plan

Delivered after your initial session and includes:

- Nutrition strategy (protein, blood sugar stability, inflammation support)
- Lifestyle adjustments (sleep, stress, recovery)
- Supplement guidance when appropriate

- Lab recommendations if indicated

### **Weekly Check-Ins**

Focus includes:

- Symptom tracking
- Energy levels
- Sleep quality
- Digestive patterns
- Stress load
- Cycle tracking (if applicable)

### **Monthly Deep Dive Call (30–45 min)**

We evaluate progress, adjust your protocol, and review labs if completed.

### **Lab Interpretation**

If GI-MAP, DUTCH, or bloodwork is completed, interpretation and guidance are included in coaching (lab cost separate unless purchased as a package).

### **Investment:**

#### **3-month commitment**

##### **Individual**

- \$199 per month
- \$537 for 3 months paid in full (save \$60)

##### **Couples**

- \$329 per month
  - \$897 for 3 months paid in full (save \$90)
- 

## **Lab Review & Protocol (One-Time)**

For clients who just want to complete functional testing with professional interpretation and structured guidance without ongoing coaching.

### **Bloodwork + Protocol**

**\$399**

#### **Includes:**

- Ordering and review of bloodwork

- Written nutrition and supplement protocol
- 45-minute Zoom call to walk through findings
- Summary email

No ongoing support or adjustments included.

## **GI-MAP or DUTCH Test + Protocol**

**\$749**

Includes:

- Lab ordering and processing
- Full report analysis
- Written functional nutrition and supplement protocol
- 60-minute delivery call
- Summary email

No ongoing follow-up support included.

---



## **Custom App Workouts**

**\$30 per workout**

Each workout remains available in the app for 4 weeks.

Includes:

- Personalized workouts based on goals
  - Demo videos for every exercise
  - Built-in modifications
  - Progress tracking
  - Coach accountability via in-app messaging
- 

## **Strength Essentials (16-Week Strength Training Program)**

**\$47 (one-time)**

16-week structured training program, 3 days per week.

Includes:

- Fully written progressive program
  - Clear sets and reps
  - Demo videos for every exercise
  - No planning required
  - Home and gym versions
- 

## **Movement Essentials (Mobility Program)**

**\$37 (one-time)**

Includes:

- 10 guided mobility sessions
  - Targeted flexibility and recovery routines
  - Designed to reduce stiffness and improve longevity
-