



Coach Steph's Lifestyle Coaching Tier Options

*All plans require **first and last month up front due at signing**. Monthly auto deductions start the next month, on the day that the subscription was made. Yearly plans are **NOT** auto deducted and require a new link each year.

*There are no contracts. There are no refunds. To stop your monthly payment, please let LOUD Lifestyle know 1 week prior to your auto-deduction, or cancel independently through your PayPal app.

*Our preferred form of payment is via PayPal. Other alternatives are available. Please reach out to your coach to make special arrangements if needed.

Standard: \$200/mo & \$400 due at sign-up or \$2300/1 year Paid in Full (\$100 savings)

- Meal Plan **template** with **individualized** macros
- Food Swap Table to learn how to be a great flexible dieter
- Individualized training program based on goals and fitness level
- Diet log review with recommendations
- Cardio recommendations
- Stress Mitigation and recovery techniques
- Weekly** email and/or Loom video check-ins with plan changes if needed
- Additional accountability checks if needed
- Onboarding Facetime call with additional MONTHLY Facetime calls.**
- Additional Facetime calls as requested by coach.**
- Training video reviews and assessment at time of check-in
- Supplement recommendations
- Lab review, health marker/health promotion optimization, and medication recommendations.
- Private FB Group with a team of like-minded individuals
- Access to Team LOUD's Google Drive with recipe books, training videos, and evidence based educational talks by Team LOUD coach's to enhance the client's own educational understanding of health and wellness.
- 24/7 access to coach via WhatsApp

VIP: \$300/month & \$600 due at sign-up or \$3450/1 year Paid in Full (\$150 savings)

- Set Diet plan with meal options (2-3 options per meal) with option to flexible diet
 - Individualized macros will be given. Do not have to follow set diet plan.
 - Changing menu, review of recipes, guidance of macro-hacking favorite foods.
- Food Swap Table to learn how to be a great flexible dieter
- Diet log review with recommendations

- Individualized training program based on goals and fitness level
- Cardio recommendations
- Stress Mitigation and recovery techniques
- **Weekly** email and/or Loom video check-ins with plan changes if needed with option for every 4 days check-ins as needed by the client.
- Additional accountability checks if needed
- Onboarding Facetime call with weekly Facetime calls for the first 4 weeks of plan, then twice a month thereafter.**
- Additional Facetime calls as requested by coach or needed by client.**
- Training video review and assessment at time of check-in
- Supplement recommendations
- Lab review, health marker/health promotion optimization, and medication recommendations.
- Private FB Group with a team of like-minded individuals
- Access to Team LOUD's Google Drive with recipe books, training videos, and evidence based educational talks by Team LOUD coach's to enhance the client's own educational understanding of health and wellness.
- 24/7 access to coach via WhatsApp

Choosing your package options

You should choose the STANDARD option if:

- You do not need a high level of accountability or enhanced teaching.
- Understand macros and have a general idea of flexible dieting.
- Have a general understanding of how to properly execute a training plan.
- Best value = 1 year sign up

You should choose the VIP option if:

- You value more facetime interaction.
- Need a high level of accountability to check in
- Would like to enhance your education about health and wellness
- Are extremely new to dieting, training, and the overall process.
- Are a performance athlete looking to compete
- Require a high level of health optimization with hormonal, endocrine, or metabolic dysfunctions.
- Best value = 1 year sign up



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