

## List of Products and Services

- **Online Consultation – Free of Charge**
  - What this includes:
    - In depth conversation about where your fitness journey is currently and how I can best help you. I will make recommendations on what packages I think are best suited for you.
    - Identifying goals and how I can assist you in achieving them.
    - Think of this like an interview for both of us to see if we can help each other.
  
- **Packages of Personalized Work Outs With Trainer – Prices Vary, see chart**
  - What this includes:
    - FREE Welcome Kit!
    - Each guide is made from scratch and personalized for the individual client.
    - This option will most closely resemble traditional training. You will be given your work out guide for the first half of the period of time you paid for. Halfway through, we will reevaluate and I will create the second half based off of your feedback. You will have continued support.
    - This is great for those that need a more hands-on approach, for beginners, and for people who do best with someone to continually provide accountability.
    - You will be able to communicate with me regularly throughout the day (even outside my normal available hours) about your workouts through the communication avenue that best suits your needs, and I will be able to make adjustments and changes as needed based off of your feedback of your workouts.
    - These packages will be for 4 weeks, 6 weeks, 8 weeks, or 10 weeks. Traditional in person training usually costs twice as much as these guides for the time frame they are created for, so it's a great and more affordable option than traditional in person training!
  
- **Packages of Personalized Work Outs Without Trainer – Prices Vary, see chart**
  - What this Includes:
    - FREE Welcome Kit!

- After your consultation, I will create personalized packaged workouts unique for you. Each package is created from scratch for each client.
  - You will be able to email me your questions and I will respond within 24 hours. You will be given your FULL work out guide up front, and it cannot be changed after you receive it.
  - This is great for more independent learners or those that have experience working out already.
  - You will receive via email your personalized work out package with complete instructions. These packages will be for 4 weeks, 6 weeks, 8 weeks, or 10 weeks.
- **Pre-Made Packages – Prices Vary, see chart**
    - What This Includes:
      - FREE Welcome Kit!
      - I have several pre-made packages of workouts based on different common goals clients have (e.g., cardio conditioning, weight loss, toning up, general fitness, resistance bands, home work-outs, etc.). These will NOT be unique to you, but they will still contain helpful fitness information and guides.
      - You will be able to email me your questions, and I will respond within 3 business days.
- **Nutrition Coaching – Prices Vary, see chart**
    - What This Includes:
      - FREE Beginner's Guide to Nutrition!
      - Exercise is a large part of being fit, but your diet is an even larger part. It can be hard to know where to start. Simplicity will be your friend, and I can help you with that.
      - My philosophy is to nourish your body and your soul, and I don't believe in restrictive eating.
      - If you have a hard time navigating the nutrition world, having a coach can help. You will get worksheets to help you identify problem areas, food journal pages, and access to communicating with me.

Kaitlin Beaver CPT

## Your Guide to Navigating the Bullshit

Latest version: 04/06/2020

- A nutrition coach will not create meal plans for you or tell you exactly what to eat; rather, I will provide you the tools you need to make these decisions independently.
- This is not suited for those with medical conditions such as diabetes and those with eating disorders. Please consult a registered dietician or other healthcare provider in lieu of a nutrition coach if that applies to you.
- **Running Training Plans – Prices Vary**
  - What this includes:
    - FREE Welcome Kit!
    - Whether you want to run your first 5k, or you're in it for the long haul for a full marathon, I can create a plan to keep you on track, and most importantly, keep you injury free.
    - Each plan will include a running schedule and general strength training guidance (if you would like a complete strength training guide, please reference my Personalized Work Out Guides section). It will also include general runner's nutrition guidance as well as tips to keep you injury free!
    - Access to communication with me via email in which I will respond within 1 business day.

### Package of Personalized Work Out Guides WITH Trainer – All Costs Are in USD

Package	Cost
4 Week Guide	\$360.00 ( or \$90.00 per week)
6 Week Guide	\$450.00 (or \$75.00 per week)
8 Week Guide	\$550.00 (or \$68.75 per week)
10 Week Guide	\$650.00 (or \$65.00 per week)
Beyond 10 Weeks	\$90.00 per additional week

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### Package of Personalized Work Out Guides WITHOUT Trainer

Package	Cost
4 Week Guide	\$260.00 (or \$65.00 per week)
6 Week Guide	\$350.00 (or ~\$58.00 per week)
8 Week Guide	\$450.00 (or \$56.25 per week)
10 Week Guide	\$550.00 (or \$55.00 per week)
Beyond 10 weeks	\$75.00 per additional week

### Nutrition Coaching

Service	Cost
Add on to Package of Personalized Guides WITH Trainer	\$50.00 per package
Add on to any Personalized Work out Guide WITHOUT Trainer or with the purchase of a Running Training Plan	\$45.00 per package
Nutrition Coaching Alone	\$80.00 per week

### Running Training Plans

Service	Cost
5k (3.1mi) Running Training Plan	\$80.00
10k (6.2mi) Training Plan	\$85.00
10 miler Running Training Plan	\$90.00

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13.1mi (Half Marathon) Training Plan	\$95.00
26.2mi (Full Marathon) Training Plan & Beyond	\$100.00