

MONTHLY ONLINE TRAINING PRICE LIST

LEVEL 1

\$19.99

Access to Flt Appeal Studios exclusive online workout library, plus progress monitoring through wearable device sync and app stats.

LEVEL 2

\$44.99

All included in Level 1
Onboarding Fitness Q & A
General Workouts according to Q & A
General Nutrition Support
Messaging Support

LEVEL 3

\$74.99

All included in Level 1 and 2
Customized workouts according to Q & A
Onboarding Nutrition Q & A
Customized Nutrition according to Q & A
Habit Coaching
Unlimited Messaging
Monthly Check In
Monthly Health and Fitness Research
Supplement Suggestions