

Online Coaching Programs



Savage Transformation

\$500/mo *3 month contract required

Package Includes:

- Nutrition Assessment (7 day food journal required)
- Goal Assessment Zoom Call
- Customized Nutrition Plan OR Macros (your choice)
- Supplement Guide
- Workout Plan – Customized for you based on goals
- Weekly Cardio Schedule
- 2 Coaching Calls/mo
- Weekly Online Check-ins
 - Weight
 - Photos (monthly)
 - Measurements (monthly)
 - Body Composition Analysis (qtly)

Adjustments to Plan made as needed

- *Body Composition Analysis Required*
- *Blood Work Panel HIGHLY recommended*

Get Fit & Wiser

\$350/mo *3 month contract required

Package Includes:

- Nutrition Assessment (7 day food journal required)
- Nutrition Plan OR Macros (your choice)
- Weekly Workout Plan
- Cardio Schedule Recommendation
- Monthly Online Check-ins
 - Weight (bi-weekly)
 - Measurements
 - Photos
 - Body Composition Analysis (monthly or quarterly)

Adjustments to plan made once a month or as needed

- *Body Composition Analysis HIGHLY Recommended & Blood Work recommended*

You will have a Profile on our online training site where everything (including workouts, nutrition plans, etc) is uploaded and tracked for ease of use in one place.

The site is -- clients.wisersavage.com and you can also download the app (Apotheo) from the App Store on your phone for an easy way to submit your Check-Ins once you are set up as a client.