



## *Personal Coaching Rates*

If you're new to plant-based eating or you've simply veered off course a bit, I'm here to help you over the stumbling blocks and get back on track.

During our initial meeting, we'll work together to come up with a plan suited for your specific eating habits, your biggest struggles, the level of accountability you're interested in, and the goals you'd like to achieve. This session is complimentary and comes at no charge to you.

In addition to the initial, complimentary session, you have the following options:

- One month of four (4) coaching sessions = \$140
- Two months of eight (8) sessions = \$270
- Three months of twelve (12) sessions = \$390

All coaching sessions are 30 minutes in length. There is no "set" schedule for the calls; you choose an available time slot as you feel led, depending on your progress and any struggles you might be having. The time frames aren't set in stone either; for example, if you purchase four sessions, you don't necessarily have to schedule them within one month. It's totally up to you, based on your needs.

**Please contact me to enroll in any option: [cydnotter@cydnotter.com](mailto:cydnotter@cydnotter.com)**

*Note: It's highly recommended that you watch my free webinar before enrolling. The webinar is titled "3 Food Mistakes that Lead to Painful Joints, Extra Weight, and Health Problems the Doctors Aren't Solving," and you'll find it at [www.cydnotter.com/register](http://www.cydnotter.com/register).*

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[www.cydnotter.com](http://www.cydnotter.com)