

# JLDFIT

## Service Price Listing

### Nutrition & Life/Health Coaching

Hour Session: \$95  
1/2 Hour Session: \$65  
Group or Family Coaching: \$165

### Personal Training

In studio Hour session: \$70  
In studio 1/2 Hour session: \$50  
In home training Hour Session: \$90  
In home training 1/2 Hour session: \$60

### Group Personal Training in the Studio:

Hour Session: \$55/per person  
1/2 Hour session: \$30/per person

### Additional Services: Hourly Rate \$125

Grocery shopping, Pantry Redesign, Meal preparation help at your home, custom.

### Weekly support: \$120

If you feel like you would benefit from 10 minutes daily communication rather than a set hour a week, this can be worked into your schedule to answer your daily questions. This includes emails, texts, phone calls, pictures, store tips & tricks.

### Supplement Plan: \$100

Review of old supplements, review of intolerance, and heavy metals. Creation of FullScript account. Dosing schedule included.

### Individual Customized Meal plan: \$150

\*Requires an hour session (\$95) to explain the plan in detail.

Meal plans are guidelines and suggested meal combinations based on your alignment/disorder/disease and health goals.

### Cooking Instructional Classes: \$30 person, \$50 per couple.

10 or more people require group pricing.

\*Dinner parties or group meetings to be determined on an individual basis. \*Catering for business events or conferences

### Meal Prep: \$15 per meal, \$10 per snack, \$20/doz fat bombs

All food is as locally sourced as possible, organic and bought fresh when ordered. Signed Allergy agreement waiver required. Two sets of glassware is required. I can purchase these for you or you can bring your own. When picking up food the second set of glassware must be returned clean and dry. Pick up dates, times, and location will be determined before entering into a contract.

\*Delivery is an option for an additional fee of \$15.



**venmo**



**JLDFIT**

**Jodi Lynn DePriest, CHN**

Certified Holistic Nutritionist, Personal Chef  
Certified Mind Body Eating Coach  
Certified Personal Trainer, NASM CES  
Energetic Cleansing & Fasting Specialist  
Medical Marijuana Specialist

602.909.8586

HealthyWithJodi@yahoo.com

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## Financial Agreement

I authorize Jodi Lynn DePriest to provide services agreed upon at the time of scheduling my appointment. I agree to pay for my session and/or services **before** my scheduled appointment.

I understand that if I do not cancel or reschedule my appointment **at least 24 hours in advance**, I will be charged a cancellation fee of 50% the price of the scheduled service. I agree to provide a credit card to retain on file, I understand that this card will not be used unless I do not show up for a scheduled appointment or late cancellation.

I reserve the right to refuse service to any one individual. Refunds will only be offered per individual case or for medical reasons as stated by a doctor. Sessions that are not rescheduled or canceled 24 hours in advance will result in forfeiture of the session and a loss of the financial investment at the rate of one session, if not used within 3 month. Unless a medical emergency has occurred.

I understand that the services that I receive from Jodi Lynn DePriest are not covered by insurance. Acceptable forms of payment include: Venmo, Zelle, Paypal, debit/credit cards, and cash



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I acknowledge that by signing below, I understand the above financial agreement.

Name (Print) \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



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