

Nutritional Consultation/ Weight Management Options **All Packages are 8 weeks / 2 Months in Duration**

Package A: Group Sessions (for kids and parents)

Number of people: Min/Max = 8/10

Cost = \$120 each

Sessions are one per week and about one hour in duration

What's included:

- An e3 Journal
- Body Compositions taken (calipers) at start and finish
- Able to email questions
- Quasi Custom meal plans

Package B: Semi-private Sessions

Number of people: Min/Max= 3/5

Cost = \$250 each

Sessions are once a week and about one hour in duration

What's included:

- Same as above - plus
- Custom Meal Plan
- Circumference measurements (start and finish)

Package C: Private Sessions

Adults or Athletes

One person or two people living at the same address

Cost = \$600 each

Sessions are from 30-45 min (based on need)

What's included:

- Same as above - plus
- **On Retainer** = Phone and texting anytime
- Multiple Custom meal plans (training day, non training day, out to dinner, etc)

Fees are due in full at the start of the system and are non-refundable.

The cancellation policy: call 24 hrs or more prior to the scheduled appointment, no charge. If called within 24 hrs of an appointment, a session will be charged.

****For more information and to enroll please contact Connecticut Speed School at info@ctspeedschool.com / 203-298-4277. You can also contact our nutritionist Glen Tobias directly at 201-723-4041.**