



Jumpstart By Shana

Military Mom Coach

Personal Training

1-Hour Private Session*	\$50
5 1-Hour Private Sessions*	\$225
Buddy 1-Hour Session* (2 People)	\$85
Personalized Meal Plan*	\$35
1-Hour Habit / Nutrition Coaching Session*	\$50
Pantry Raid / Shopping Session	\$100
Jumpstart Package* (4 1-Hour Sessions Per Month + Meal Plan + Nutrition Coaching)	\$300

Life Coaching

1-Hour Private Session*	\$50
Jumpstart Package* (4 1-Hour Sessions per Month)	\$200

Financial Coaching

One Time Budget / Goal Setting Session*	\$100
3 Month Coaching Package*	\$300
1-Hour Group Budget Class (w/ Materials)*	\$150

Home Organization

Wardrobe Session	\$200
Move-In Special	\$1500
Whole House Package	\$3000
3-Hour Rate	\$150