

## **6-week 1:1 Coaching Package**

This package includes 1:1 health coaching sessions with Jamica McClammy, PT, MPT, CEAS, CHC that occur once a week for 6 weeks via Zoom. Session duration is 45 minutes. Clients will receive weekly check ins as needed and can track their metrics/goals in the Healthie client portal. Cost is \$600 and is paid in full at time of booking. One session needs to be booked at time of booking.