



12 Weeks to Vibrancy & Vitality Program

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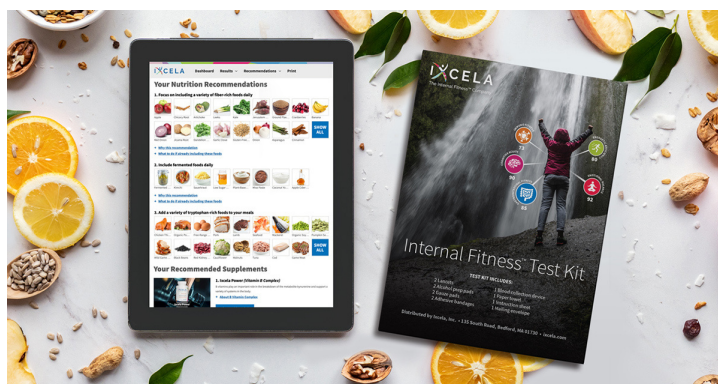
Are you looking to improve your energy, body composition, digestion, sleep and mental clarity?

Build confidence in your lifestyle habits and embark on a new sustainable wellness journey to do good for your health now and beyond. In this personalized program, we'll use your gut metabolite levels to establish your baseline internal health and prioritize where we need to focus first to maximize your efforts to achieve your goals.

This program includes a specialized test, one-to-one guidance and accountability, unlimited chat support, daily food and lifestyle tracker, personalized nutrition, mindfulness and fitness recommendations, as well as specific recipes to transform your health.



The Internal Fitness™ Company



Financial Investment

\$1850

3-month payment plan available

Maybe covered by HSA

Use your health insurance to cover face-to-face sessions (coverage varies)

Week 1	30 min Onboarding Session
Week 2	1 hr Initial Assessment & Goal Setting
Week 3	1 hr Results Review
Week 4	15 min Check-In
Week 6	30 min Check-In
Week 9	30 min Check-In*
Week 12	45 min Final Check-In

*Option to retest to re-evaluate internal health (additional \$300)