



Solutions Fee-for-Service Schedule/Order Form

Members® Items ✓

Nutrition

1 hour diet assessment			
Includes: body comp.& meal plan	\$115.	_____	
1 ½ hour grocery store tour	\$150.	_____	
1 hour in-home kitchen assessment	\$115.	_____	
2 hour in-home cooking/recipe demo	\$190.	_____	

Behaviour Change

1 hour behaviour change*	\$115.	_____	
(* 1 hr diet assessment prerequisite)			

Exercise

1 hour kinesiology assessment	\$115.	_____	
Monthly exercise program (available after assessment)			
1 day/week	\$25./month	_____	
2 days/week	\$42./month	_____	

Follow-up (Nutrition)

Maintenance program (members only)	\$10/month	_____	
½ hour in-person**	\$65.	_____	
**for every additional 15 min	\$30.	_____	
½ hour body comp. assessment	\$65.	_____	
15 minute telephone follow-up	\$30.	_____	

Lifestyle Makeover

\$385. _____

Includes: 1 hour diet (re)assessment/meal plan/body composition assessment, 1 hour behaviour change, 1 hour kinesiology (re)assessment, plus two ½ hour telephone follow-ups.

Total Amount Due : _____

Name _____
 Address _____
 Phone _____
 Email _____
 Cell _____

Prepayment required. Please see payment options on reverse. Thank you.

