

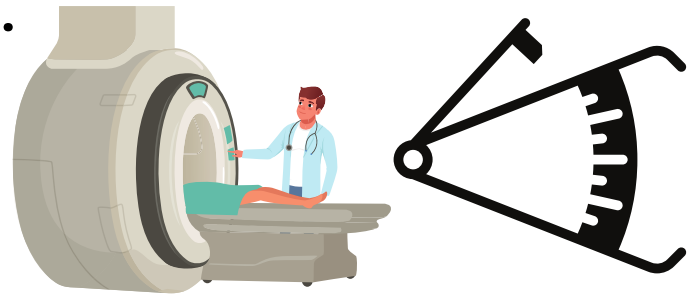


PRICE  
PACKAGES

# BASELINE ASSESSMENTS



IN ORDER TO DEVELOP A TAILORED NUTRITIONAL PLAN FOR YOU, WE HIGHLY ADVISE A BODY COMPOSITION SCAN. THIS CAN BE DONE THROUGH A DEXA SCAN, INBODY SCAN, EVOLT 365 SCAN AND SKINFOLD CALIPERS (MUST BE ISAK TRAINED ASSESSOR).



WE ALSO HIGHLY ADVISE YOU TO OBTAIN BLOODWORK FROM YOUR GP IN ORDER TO ASSESS ANY NUTRITIONAL DEFICIENCIES.



OUR METHOD AT CONDITION.NUTRITION IS TEST DON'T GUESS. IN ORDER TO GIVE YOU THE BEST AND MOST TAILORED PLAN POSSIBLE WE HIGHLY ADVISE THESE TESTS TO BE UNDERTAKEN.

# WEEKLY PACKAGES



**SILVER \$60 P/W**  
**8 WEEKS UPFRONT (\$400)**

- **FIGHT CAMP MACROS**
- **ACCESS TO SENPRO RECIPE HUB & CONTENT**
- **SUPPLEMENT & HEAT ACCLIMATION PROTOCOL**
- **FIGHT CAMP NUTRITION GUIDE**
- **FORTNIGHTLY CHECK-INS VIA EMAIL/SOCIAL MEDIA**

# WEEKLY PACKAGES



**GOLD \$85 P/W**

**8 WEEKS UPFRONT (\$640)**

- INITIAL 30MIN CONSULT
- TAILORED WEEKLY FIGHT CAMP NUTRITION PLAN
- WEEKLY ADJUSTMENTS
- TAILORED HEAT ACCLIMATION GUIDE
- TAILORED FIGHT WEEK & REFUEL PLAN
- TAILORED FIGHT DAY NUTRITION PLAN
- POST-FIGHT NUTRITION GUIDE
- WEEKLY CHECK-INS

# WEEKLY PACKAGES



PLATINUM **\$300 P/W**  
8 WEEKS UPFRONT (**\$2000**)

GOLD PLAN PLUS

- 60 MIN CONSULT
- WEEKLY VIDEO CALL (30 MINS)
- TWO CHECK INS WEEKLY
- METABOLIC TESTING
- UNLIMITED ADJUSTMENTS TO PLAN

# FITNESS & BODY COMP TESTING



VO2MAX TEST: \$175

RMR TEST: \$100

BODY FAT ASSESSMENT VIA  
ULTRASOUND: \$80

3 TESTS COMBINED: \$265

## ADDITIONAL COSTS

CONSULTATION CALL (30MINS)  
\$250

FIGHT WEEK PLAN  
\$150

FOR FURTHER INFORMATION EMAIL  
[CONDITIONNUTRITION@YAHOO.COM](mailto:CONDITIONNUTRITION@YAHOO.COM)



