



TRAINING WITH TRACY
presents

SPECIAL CHRISTMAS GIFT PACKAGES



Forget New Year's Resolutions

Have a New Year *REVOLUTION!*

TrainingWithTracy@gmail.com

A gift certificate will be sent to the recipient





Consultation Gift Package

This includes a one-time consultation to discuss goals, nutrition, set new goals and a follow-up call one month later to check on progress made.

\$90 value for **\$69**

Kick Off 2019 Gift Package

This includes a consultation to set goals, a detailed month long training plan and weekly follow up calls for accountability purposes.

\$205 value for **\$129**

Deluxe Gift Package

This includes an initial consultation to discuss goals, measure body fat, and a customized training program for 8 weeks. Together we will set new goals and have weekly follow up calls as well as a 1:1 training session.

\$305 value for **\$229**

Revolution Gift Package

This includes all of the aforementioned perks plus 6 hours of 1:1 personal training sessions.

\$665 value for **\$499**

TrainingWithTracy.net/gifts.pdf

