

# PRICING

# PLANS 2024



LIVE PERSONAL  
TRAINING (1  
SESSION)

**\$50** /HOUR

✓ 1 session a week



LIVE PERSONAL  
TRAINING (2+  
SESSIONS)

**\$30** /HOUR

✓ 2+ sessions a week



VIRTUAL PACKAGE  
WITH COACH MO  
(3 MONTH  
COMMITMENT)

**\$99** per month  
+\$99 Activation Fee

- ✓ Meal Plan
- ✓ Meal Prep
- ✓ Virtual Workouts
- ✓ Weekly Accountability



LIVE PACKAGE WITH  
COACH MO (3 MONTH  
COMMITMENT)

**\$400**/month  
\$100 per week  
+\$99 Activation Fee

- ✓ Meal Plan
- ✓ Meal Prep
- ✓ 1 Live Workout per week
- ✓ Weekly Accountability



Contact me for more info  
**(601)988-8929**



[www.blessedhandsfitness.com](http://www.blessedhandsfitness.com)



[coachmoblessed@gmail.com](mailto:coachmoblessed@gmail.com)



**VIRTUAL PACKAGE  
WITH COACH MO  
(6 MONTH  
COMMITMENT)**

**\$600**

**+\$99 Activation Fee**

- 
- ✔ Meal Plans
  - ✔ Meal Preps
  - ✔ 1 Live Workouts per week
  - ✔ Weekly Accountability



**MEGA PACKAGE WITH  
COACH MO  
(12 MONTH  
COMMITMENT)**

**\$1200**

**+\$99 Activation Fee**

- 
- ✔ Meal Plans
  - ✔ Meal Preps
  - ✔ Grocery Lists
  - ✔ 2 Live Workouts per week
  - ✔ Daily Accountability




**60 MINUTE  
CONSULTATION  
CALL**

**\$70** one time fee



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 [www.blessedhandsfitness.com](http://www.blessedhandsfitness.com)

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