

2026 SERVICE RATES

Wellness Coaching

Wellness Coaching utilizes TruPata Wellness's ROOTED Wellness Coaching™ framework to help clients create sustainable lifestyle changes through accountability, education, habit development, stress management, and purpose-driven wellness. Each coaching program is individualized based on the client's goals, readiness for change, and lifestyle needs.

Wellness coaching is educational and supportive in nature. It does not replace medical care, mental health therapy, diagnosis, treatment, or care from a licensed healthcare provider.

TruThrive Wellness Coaching Options

TruThrive Kickstart	Initial Wellness Clarity Session	\$99
TruThrive Membership	Monthly Wellness Coaching	\$299/month
TruThrive Single Session	Pay-As-You-Go Wellness Coaching	\$125

TruThrive Kickstart Session \$99

A focused one-time session for clients who want wellness clarity, direction, and practical first steps before committing to ongoing coaching. This session is ideal for clients who feel stuck, overwhelmed, inconsistent, or unsure where to begin with improving their overall wellness.

This session may include:

- Wellness history and lifestyle review
- Goal clarification and priority habit review
- Stress, energy, sleep, movement, hydration, and routine discussion
- Basic wellness education and recommendations
- 1–2 personalized action steps
- Optional review of current routines or wellness habits, when submitted in advance

The Wellness Kickstart Session is designed as an introductory clarity session. It does not include ongoing accountability, continued habit tracking, written plan development, weekly check-ins, or follow-up support unless otherwise stated in writing.

TruThrive Wellness Coaching Membership - \$299/month

For clients who want ongoing wellness coaching, accountability, and support as they build healthier routines, improve consistency, and create sustainable lifestyle habits over time. This membership is designed for clients who want structure, progress review, accountability, and support beyond a single appointment. Includes:

- Four 45-minute coaching sessions per month
- Weekly check-ins
- Personalized habit goals
- Lifestyle and routine support
- Stress management and self-care strategies
- Sleep, hydration, movement, recovery, and energy support
- Monthly progress review
- Written wellness action plan
- Accountability and support between scheduled sessions, within stated coaching boundaries



TruThrive Wellness Coaching Pay-As-You-Go \$125 – 60 Minutes

A focused 60-minute coaching session for clients who want wellness guidance, education, and practical next steps without committing to an ongoing membership. This session may include a review of the Client's goals, current lifestyle routine, challenges, stress level, energy, sleep, hydration, movement, recovery, self-care practices, and priority areas for improvement. Clients will leave with 1–3 practical action steps to begin implementing.

Each single session is considered a separate standalone appointment. Multiple single sessions do not constitute coaching membership and do not include ongoing accountability, weekly check-ins, continued habit tracking, detailed written plan development, progress tracking, or between-session support unless otherwise stated in writing.

