

Dirtbean

Custom Coaching Sign Up Form

Name: _____ Email: _____

Address: _____ Phone: _____

Circle packages/add-ons which interest you:

Gold Package - \$285 monthly plus \$70 set up fee

- History review with personal coach
- Initial nutritional consultation via Zyto Software by doctor on staff
- Annual training plan with monthly and weekly schedules
- Establishment of training zones
- Establishment of training journal on Trainingpeak.com
- Constant contact with personal coach via email or phone
- Bimonthly nutritional consultations via Zyto Software
- 15% discount on all products offered by doctor on staff
- 20% discount on all add-on services available

Silver Package - \$225 plus \$70 set up fee

- History review with personal coach
- Initial nutritional consultation via Zyto Software by doctor on staff
- Annual training plan with monthly and weekly schedules
- Establishment of training zones
- Establishment of training journal on Trainingpeak.com
- Constant contact with personal coach via email or phone
- Monthly nutritional consultations via Zyto Software
- 10% discount on all products offered by doctor on staff
- 10% discount on all add-on services available

Bronze Package - \$185 plus \$70 set up fee

- History review with personal coach
- Initial nutritional consultation via Zyto Software by doctor on staff
- Annual training plan with monthly and weekly schedules
- Establishment of training zones
- Establishment of training journal on Trainingpeak.com
- Weekly contact with personal coach via email or phone
- Nutritional consultations via Zyto Software every 8 wks
- 10% discount on all products offered by doctor on staff

Basic Package - \$140 plus \$70 set up fee

- History review with personal coach
- Annual training plan with monthly and weekly schedules
- Establishment of training zones
- Establishment of training journal on Trainingpeak.com
- Weekly contact with personal coach via email or phone

Add Ons:

- Computrainer bike fits (Marlinton location)
- And endless pool with underwater camera (Marlinton location)
- Coach assessment of running form on treadmill (Marlinton location)
- Additional Zyto Software Analysis - \$65/hour
- Reiki - Japanese Healing Art - \$65/hour
- Reiki (Distance) - \$45/hour
- Sports Reflexology - \$65/hour
- On-site lodging (Marlinton location) - Call for pricing and availability (304) 799-4038
- Custom meal planning with doctor on staff - \$65/hour
- Goal Attainment (Ripley location) - \$45/hour
- EFT Emotional Freedom Technique (Ripley location) - \$45/hour
- Zyto hand cradle - Cradles can be purchased and used in any location which utilizes high speed internet for \$150. Otherwise, all nutritional analysis must be performed in either our Ripley or Marlinton location.

Thank you for your interest! Please fax form to 304.799.4038 (please call first). Please call first. Fees may be paid via check, money order, or credit card. \$70 set up fee is non-refundable.