

Services and Special Offers for Utah Sports and Wellness

**Nutrition Services**

* **Assessment** $150**,** USW Client Price: $125**:** Complete individual consultation focused on food education and a personal diet plan with goal setting to coordinate with your training plan.
* **Basal Metabolic Rate (BMR) Testing** $120**,** USW Client Price: $99**:** A test that measures your body's individual energy needs at rest to determine your calorie/carb/fat/protein requirements for optimal performance.
* **Full Assessment with BMR Testing Combo** $195**,** USW Client Price: $150

**Personal Coaching Services**

* **Custom Bike Fit** $250**,** USW Client Price: $200:  While most bikes are technically sound, improper positioning on the bike can result in a disappointing ride. Proper fitting ensures maximum comfort and superior power/wattage.
* **Premium Coaching Plan 20% off for all USW clients:**  A PLAN7 coach will guide the athlete through his/her program providing attention on how to implement the workouts, and how to interpret the way their body responds to the training. Testing sessions are typically scheduled every 8-10 weeks to ensure your training is on track. Training, power and heart rate logs are reviewed weekly.
* **Integrated Coaching with Nutrition:** This is the full package combiniing personal coaching for any athlete along with a nutrition plan to ensure all aspects of the athlete’s goals can be accomplished in a healthy, safe, maintanable manner.

**House of Watts**

* $18 drop in fee for any cycling class (usually $30)
* $15 fee for CORE strength and streching classes (usually $20)
* 20% discount to join the program as a regularly scheduled training plan
* FIRST CLASSES ARE A FREE TRIAL!

**Contact**

**Dave Harward | Founder & Head Coach**
Email:        dave@plan7coaching.com
Phone:      ( 801 ) 661.7988

**Breanne Nalder | Nutrition Coach**
Email:        breanne@plan7coaching.com
Phone:      ( 801) 550.0434

**PLAN7 Studio**

Address:   2163 East 3300 South, Salt Lake City, UT 84109