

# 64 Training Systems Price List



## Casual Consult Rates

Initial Consultation	\$189
Follow Up 30	\$99
Follow Up 45	\$129

## Additional Services

Anthropometry (ISAK 8-point skinfolds)	\$25
Competition Plans	From \$50
Meal Outlines	From \$50

## Monthly Programs

Food Accountability Program	\$90p/m
20 min consult monthly	
Nutrition 101 worksheet	
Long term support: minimum of 3 months	
3+ Month Program (up to \$300 p/m value)	\$150p/m
1 x Initial Consultation	
2 x Follow Up 30 Consultations	
Ongoing email contact	
Additional services included (if applicable)	
6+ Month Program (up to \$300 p/m value)	\$140p/m
1 x Initial Consultation	
5 x Follow Up 30 Consultations	
Ongoing email contact	
Additional services included (if applicable)	

Make sure you check your health insurance as many policies cover dietetic services.

To book an appointment or get in contact with Conrad, click the button on the website to send you straight there.

For further questions:

Email: [conrad@conradgoodhew.com](mailto:conrad@conradgoodhew.com)

Book a 10-min phone call - <https://conradgoodhewnutrition.gettimely.com/book>

*All prices and packages are at the discretion of Conrad Goodhew NZRD Ltd. Final pricing and program will be discussed prior, or at, the first consultation.*