

CAROLINE JORDAN FITNESS

Health & Wellness Coach

SAN DIEGO, CA



Pricing & Services



LET'S GET STARTED

ABOUT CAROLINE JORDAN FITNESS

I'm a Health Coach, educator, and community builder. I started my company on a mission to be a powerful force for preventative health. I want to help you develop a positive relationship to self and exercise that adds to the quality of your life. Through my services, products, programs, and events, you will learn how to challenge yourself in a positive way.

I can teach you how to find a healthy lifestyle that works for you, that gives you results, and that helps you feel good in your skin. I am here to serve you getting your mind, body, and spirit in great shape so you can love your life. I offer a variety of services for individuals and companies to positively improve their well being and brand awareness.



“Caroline’s energy and passion for fitness are contagious. She has a gift for helping people use health as a platform to achieve every life goal.”

— Lisa Kant, Coaching Client



WHAT TO EXPECT FROM OUR TIME TOGETHER

1

COACHING

I am a certified healthcare professional trained in science and behavioral coaching skills. As your coach, I work with you to define, discover, and sustain your wellness goals. Together, we will explore your greatest health concerns and goals and examine the barriers to achieving those goals. We will create your unique lifestyle plan that targets specific strategies to overcome your obstacles. I will keep you accountable to your commitment to health and work with you to achieve your desired results.

2

COLLABORATION

My process is simple: to listen, to create a plan, and then take action together alongside my clients. This is a true collaboration and the more you want to be involved, the better I believe the final outcome will be! My clients say that I'm highly communicative, and I think this is such an important part of the coaching process. Whether you live a three minute walk from my studio or halfway across the globe, regular progress meetings and open discussions are critical to the final result.

3

COMMUNICATION

If you're still wondering whether Caroline Jordan Fitness is the right choice for your needs, I am more than happy to schedule a free initial consultation so that we may get to know each other better and I may learn more about your vision and the scope of the proposed project. Most of my client collaborations begin with a single phone call, Skype session, or in-person meetup. I will come with an open mind and an enthusiasm for hearing your ideas!

Together, we can live well!

RATE SHEET

Current as of 2022

My pricing is simple, based on the number of hours needed to complete a project. I encourage my clients to give me as many details as possible about their project during our initial consultation so that I may determine the scope early on and quote them an estimated number of hours in advance.

Generally, my time estimates tend to be quite accurate and rarely go over my clients' set budget. If you have a long-term project in mind with larger scope than usual, please do not hesitate to reach out - I will always do my utmost best to work with my clients' needs and budgets. Let's do this!

\$80 / 30 min

PRIVATE COACHING/
INJURY RECOVERY
COACHING

\$160 / hr

PRIVATE COACHING/
INJURY RECOVERY
COACHING

\$250 / hr

CORPORATE
WELLNESS
CONSULTING

inquire

BRAND
AMBASSADOR &
INFLUENCER
MARKETING

inquire

FOR PRIVATE
EVENT HOSTING

inquire

FOR CUSTOM
PROJECT RATES

Working with a specific budget? Reach out with your needs and let's work something out.

I require all payments within 30 days of service.

TESTIMONIALS & PRAISE

1

MIA C., COACHING CLIENT

“Wherever you are in your goals, Caroline meets you there and shows you how far you can go. Whether you’re on a bike, a plane, or a conference call, she knows how to keep you happy, healthy, and hungry for more challenges. Above all, she inspires you to be grateful for your health, to love your body, and to strive to reach your full potential.”

2

NICOLE OKONESKI, FITBIT

“Caroline was one of our first Fitbit Local ambassadors and helped pave the way to grow the program to a national scale. Her upbeat can-do attitude makes her an asset to the team. Whether it’s brainstorming new ways to increase event attendance, coming up with creative new workouts for our attendees or just generally encouraging people to reach their goals, Caroline gives it her all and is making such a positive impact on people’s lives.”

3

TREVOR ELLESTAD, PR & ADVOCACY SUPERVISOR, VEGA

“Caroline is a shining light who has brought her genuine brand of positivity to Vega. She’s acted as an incredible ambassador for the brand, online and offline, sharing her love of plant-based nutrition through social media and with her students. I’ve seen her message of a balanced mind, body, and spirit, grow and being a part of this journey has been tremendously inspiring.”



TESTIMONIALS & PRAISE CONT'D

4

TONYA PEGRAM, GENENTECH USA

“Caroline’s energy and passion for fitness is so inspiring. She has a gift for helping people understand simple ways to implement a healthy lifestyle. The Wellbeing class she presented to our team was empowering.”

5

ELISABETH SHERRATT, UC DAVIS

“If given the chance to work with Caroline again I would do so in an instant and am always delighted when our paths cross. Her commitment to fitness and wellness is unbeatable. You can bet her commitment to you will be the same.”



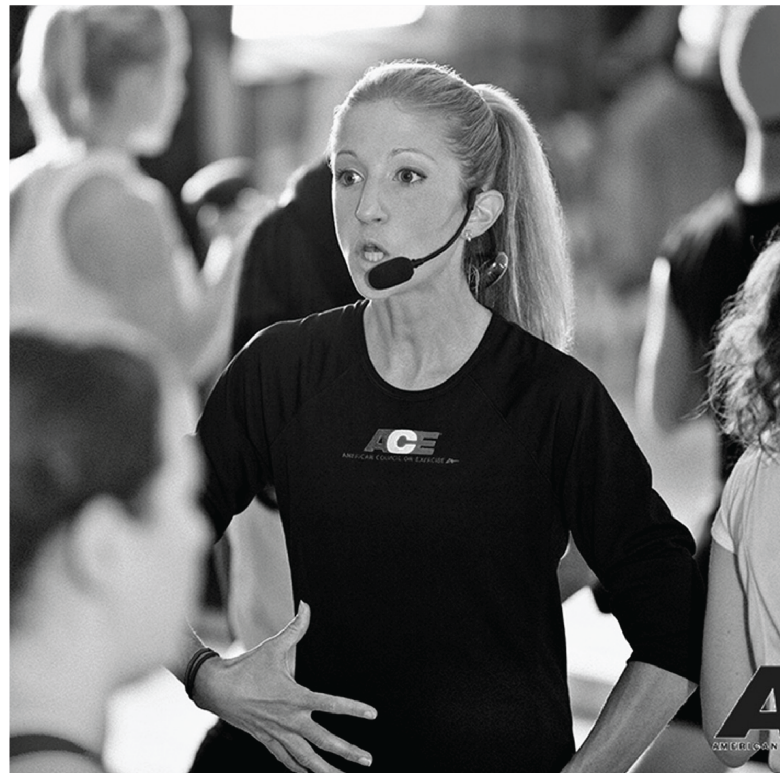
BOOKING INFO

It's time. Let's make your goals happen!

Words cannot express how excited I get each time a new inquiry lands in my inbox! With every new client comes exciting challenges, fresh ideas, and a whole lot of positive energy that makes what I do so incredible. It gives me great joy to help people enhance their success through health.

I would be honored to work with you and see you achieve your goals. I generally respond within 24-48 hours and am available via text message to current clients. The first step is to set up an initial consultation so we can get to know each other better. I can't wait to hear from you - let's make your goals come true!

carolinejordanfitness@gmail.com



FIND MORE AT *carolinejordanfitness.com*