

Decision Guide- Revive Wellness Health & Physique

Which Coaching Tier Is Right for You?

Base Health Coaching is best for you if:

- Your primary goal is aesthetic, or body composition change (fat loss, recomposition, or muscle growth)
- You're ready to learn how to integrate, and master foundational habits like sleep, nutrition structure, movement, and stress response
- You want accountability, strategy, and consistency, not lab-driven root cause work
- You're willing to show up weekly and take ownership of day-to-day behaviors

This is not for you if:

- You're looking for functional lab testing or root cause health investigation.

Functional Health Coaching is best for you if:

- You feel stuck, inflamed, fatigued, or dysregulated despite “doing the right things”
- You want to understand why your body is responding the way it is
- You are dealing with symptoms (sleep issues, hair or skin imbalances, weight loss resistance, hormonal imbalances, metabolic dysregulations) and want to get to the bottom of why these things are happening
- You're open to prioritizing health restoration before weight loss
- You're patient, communicative, and willing to move at the pace your body needs

This is not for you if:

- Your main priority is rapid weight loss or protocol-only solutions.

The Gut Health Package is best for you if:

- You're experiencing active GI symptoms (bloating, constipation, diarrhea, reflux, abdominal pain)
- You suspect that GI issues could be to blame for hair, skin, weight loss or hormonal issues
- You want answers based on comprehensive stool testing
- You're looking for a focused, gut-specific plan rather than full-spectrum coaching

- You want clarity and direction around digestion and gut health

This is not for you if:

- You're looking for ongoing body composition coaching or broad hormone/metabolic work.

Still unsure?

If you're not sure which tier is the best fit, we can determine that together based on your goals, history, and readiness. Please start with completing the Client Application on my website, and from there I will be in touch within 48 hours to schedule a consult call. My priority is putting you in the container where you're most likely to succeed, not selling you the highest tier.