

The Body Mentors

your gourmet fitness & lifestyle coaches

Membership Options									
monthly fee:	\$550	\$300	\$300	109*	29**	60***	Free	Free	Free
	Ultra Body Mentors	Ultra Gourmet	Ultra Fitness	Online Foodie	Online Wine	Online Fitness	Self-serve Foodie	Self-serve Wine	Self-serve Fitness
Mentorship									
In-person	1xyr	1xyr	1xyr	set up meeting					
Voice	monthly	monthly	monthly						
Online	unlimited	weekly	weekly	monthly	monthly	monthly			
Mentors' blog	●	●	●	●	●	●			
Self-serve guides	●	●	●	●	●	●	●	●	●
Travel & Lifestyle									
Exclusive Destination Travel	●*	□*	□*						
(also see Food and Wine sections below for additional travel opportunities)									
Lifestyle consulting services (event planning, dinners, travel planning, etc. - à la carte)									
Gourmet									
FOOD									
Personalized meal plans	●	●		●					
Accountability check-ins	●	●		●					
Recipes & shopping list	●	●		●					
Resource recommendations	●	●							
Bi-Annual Calgary Chef's Table	●	○*		□*	□*				
Local Food Lover's Tours	○*	○*		□*	□*				
Private Dinner Planning	○*	○*		○*	○*				
Self-serve standard meal plans	●	●	●	●			●		
WINE									
Exclusive Wine Tour Excursions	●*	□*		□*	□*				
Exclusive Wine Buying Trips	●*	□*		□*	□*				
Private Wine Tasting with Recommendations/Purchase optiona	●	○*							
Online Cellar Advisor (checklist every 6 months)	●	●			●				
Wine of the Month	●	●	●	●	●		●		
Personal 6 pack of the Month (purchased/shipped in Alberta)	○*	○*		○*	○*				
Storage & Pairing/Serving Advice	●	●			●				
Wine Geek Dinners	○*	○*		□*	□*				
Wine Geek Dinner Menus	●	●		●	●				
Golf & Gulp Tournaments	○*	○*	○*	□*	□*				
Fitness									
In-person assessment	●*	●*	●*						
Accountability check-ins	●		●			●			
Personalized monthly online fitness plans	●		●			●			
Streaming videos of exercises	●		●			●			
Progress charts	●		●			●			
Professional referrals (links? Local?)	●		●			●			
Travel fitness	○*		○*						
Online assessment						●			
Standardized workout guides						●			●
Still photos of exercises	●		●			●			●

- included
- * additional fees
- optional
- if available

Term Variances

- * mandatory 3 month minimum
3 months \$109 / month
6 months \$89 / month
- ** mandatory 3 month minimum
3 months \$39 / month
6 months \$29 / month
- *** mandatory 3 month minimum
3 months \$65 / month
6 months \$60 / month