

TAKE ACTION WORKSHEET

Time For Delivery

Now that you've made it through the third lesson and understand the importance of finding the right price for you, it's time to take the first step in doing so.

This worksheet is designed to arm you with a realistic blueprint of how long it will take you to deliver a package to a client.

Write down the services you offer: program design, training time, nutrition, shopping tours, assessments etc. In addition to any administrative or marketing time.

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Write down how many minutes per month it takes you to deliver the service.

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Total hours per month required to deliver a package to a client: