

<i>Transformations Medical Weight Loss</i>	<i>Transformations 28</i>
This plan is for someone who wants to lose 20 lbs. plus, and who has a history of dieting and desires more support.	This plan is for someone who wants to lose 10-20 lbs. and one can typically do so in a short amount of time.
\$360.20 for the first week	\$499 up front or \$129 per week for 4 weeks.
\$90-\$120 plus supplement costs monthly there after	4 week option only and the costs include all start up fee costs, food & supplements (additional weeks can be added later).
Maintenance visits included.	No maintenance visits included, but education on how to keep the weight off is provided.
Must attend information session.	No information session required, but health profile must be screened by health coach.
Provider approval needed & intervention possible	No medical provider approval or intervention, which makes for a quick start up process.
Includes a weekly visit, as many as it takes to get to goal.	Four weekly visits (after the initial one is complete).
Same Diet Protocol - *only difference is choice of foods is more limited/simplified for the T28 plan.	
<i>Both</i>	
Educational classes offered.	Educational classes offered.
Educate on using the food in maintenace.	Educate on using the food in maintenace.
Repeatable and great results, including gourmet protein foods.	Repeatable and great results, including gourmet protein foods.