

# COST ESTIMATE WORKSHEET

## PROGRAM COST:

Includes all meals, workshops, and training sessions.

4 days: \$2495, 6 days: \$2995, 13 days: \$4795

\$

## ACCOMMODATIONS:

(Couples and Seasonal discount may apply.)

Standard Room: \$159 Single \$169 Double

1-bedroom Suite: \$239 Single \$249 Double

2-bedroom Suite: \$398 Single \$398 Double

To calculate Cooper Guest Lodge charges:

- 5 nights X \_\_\_\_\_ (room rate)
- 7 nights X \_\_\_\_\_ (room rate)
- 14 nights X \_\_\_\_\_ (room rate)

You are not required to stay at Cooper Guest Lodge.

\$

## COOPER CLINIC MEDICAL COST:

To participate in Cooper Wellness Program, men over 40 and women over 50 must provide a medical report with clearance to exercise from a Cooper Clinic physician or their personal physician. Cooper Clinic examinations are based on individual needs, but here are some sample exam packages.

CORE	CORE PLUS	COMPREHENSIVE
<ul style="list-style-type: none"><li>• Medical exam and counseling</li><li>• Comprehensive lab testing</li><li>• Exercise stress test</li><li>• Nutrition consultation and food analysis</li><li>• Height and weight</li></ul>	<ul style="list-style-type: none"><li>• Medical exam and counseling</li><li>• Comprehensive lab testing</li><li>• Exercise stress test</li><li>• Nutrition consultation and food analysis</li><li>• Body composition testing</li><li>• MDCT scan</li><li>• Pulmonary/spirometry test</li><li>• Laryngoscopic exam</li></ul>	<ul style="list-style-type: none"><li>• Medical exam and counseling</li><li>• Comprehensive lab testing</li><li>• Exercise stress test</li><li>• Nutrition consultation and food analysis</li><li>• Body composition testing</li><li>• MDCT scan</li><li>• Pulmonary/spirometry test</li><li>• Laryngoscopic exam</li><li>• Vision test</li><li>• Hearing test</li><li>• Psychological stress profile</li><li>• Exercise consultation</li></ul>
TOTAL: ≈\$2200*	TOTAL: ≈\$3200*	TOTAL: ≈\$3600*

\*Prices may vary due to additional lab work that may be required (for example, Prostate Serum Antigen (TPSA) for males 40+).

## TOTAL ESTIMATED COST:

Prices subject to change without notice. Hotel tax (15%) is additional.

\$