

Well

FROM WITHIN

FREELANCE HEALTH & WELLNESS WRITING

2023 SERVICES & PRICE LIST

At Well From Within, my mission is to help you share your knowledge of health & wellness with the clients & customers needing it most. If the following services & rates don't fit your budget or business goals, I'm happy to work with you to create a plan that does!



Package One

BASIC BLOGGING

\$100 per 700-word blog post
Keyword implementation
One royalty free image
List of sources
One round of revisions

\$100

Add on Facebook & Instagram graphics for \$30 per blog post

Package Two

DEEPER DIVE

\$150 per 1,000-word blog post
Keyword implementation
Two royalty free images
List of sources
Two rounds of revisions

\$150

Add on Facebook & Instagram graphics for \$30 per blog post

Package Three

COMPREHENSIVE

\$300 per 2,000-word blog post
Keyword implementation
Two royalty free images
List of sources
Two rounds of revisions

\$300

Add on Facebook & Instagram graphics for \$30 per blog post

Packages are available daily, weekly, or monthly, depending on your blogging goals & budget.

OTHER SERVICES

Don't see a service listed? I'm happy to create custom packages!

Guide content:
2,000-5,000 words

Between \$300-\$600

Full guide with content + design:
2,000-5,000 words

Add \$300-\$600

\$150 per newsletter

Add \$150

Email newsletter content +
management

Creation of newsletter template

Website content

\$100 per page

Multiple-page discounts available

Between \$30-\$110

Monthly content calendars

Varies depending on the
number of blog topics needed