



Service Brochure January 2023

Nutrition Services	Elements within this service
<p>Personalised Nutrition Work-up £145 This is the most popular service, suited to anyone who wants their nutrition questions answered, their current dietary habits and practices analysed and to be given personalised and evidence-based advice needed to achieve their goals. You will receive professional feedback and written recommendations on how to change/improve your current dietary practices in order to reach your personal goal along with a calorie and macronutrient curated recipe book.</p>	<p>90 minute 1-2-1 consultation</p> <p>Extensive written feedback</p> <p>Personalised supplementation</p> <p>1 x recipe book</p>
<p>Guided Nutritional Improvement £200 This service package is suited an individual who's keen to be educated and have the right tools and skills to make lifelong changes to their eating habits and significantly improve their body/health/performance. The inclusion of a food diary, multiple recipe books and second consultation allows for more specific recommendations to be made as well as further adjustments to the advice given initially to optimise your dietary practices.</p>	<p>90-minute 1-2-1 consultation</p> <p>Extensive written feedback</p> <p>Food diary analysis</p> <p>3 x recipe books</p> <p>Personalised supplementation</p> <p>30-minute follow up 1-2-1</p>
<p>The Complete Nutrition Package £650 This bespoke package can be set up exactly as you would like it but as a default I take all the hard work out of the nutrition plan. You will be given an example plan that lays out every meal and snack you should eat, how much of each food and at what times of day to eat them whilst personalising every piece of information to your lifestyle, personality, and preferences. Alongside this, you will receive weekly ongoing support and accountability, goals, written information, and motivational guidance.</p>	<p>90 minute 1-2-1 consultation</p> <p>Extensive written feedback</p> <p>Food Diary analysis</p> <p>Extensive nutrition plan</p> <p>Personalised supplementation</p> <p>2 x 30 minute follow up 1-2-1</p> <p>12 weeks support</p> <p>Weekly check ins</p> <p>6 x recipe books</p> <p>Pre and post measurements</p>



Personal Training Services	Elements within this service
<p>In House Personal training $1 = \pounds 50 / 10 = \pounds 450 / 20 = \pounds 850$ With in house personal training you will be coached at my training studio in Woking, where I will not only have you following a fully tailored and structured program towards your goals. I explain and coach everything along the way, so when you do feel you're ready to move on, you'll have all the knowledge and confidence you need to be able to train yourself in the future without relying on me; this is the key difference between coaching and training.</p>	<p>60 minute 1-2-1 session</p> <p>Mobility work</p> <p>Main session structured to your goal</p> <p>Weight/Set/Rep tracking</p>
<p>Mobile Personal Training $\pounds 500$ 10 x 60 minute sessions $\pounds 900$ 20 x 60 minute sessions Mobile personal training is the same service as above, however, I bring the gym to you. Ideal for those that can't leave the house or are tight on time.</p> <p>*Prices may increase outside of a 6 mile radius from GU22 postcode.</p>	<p>60 minute 1-2-1 session</p> <p>Mobility work</p> <p>Main session structured to your goal</p> <p>Weight/Set/Rep tracking</p>
<p>Partner Personal Training $\pounds 650$ 10 x 60 minute sessions $\pounds 1200$ 20 x 60 minute sessions Partner personal training is a fun way of getting the benefits of 1-2-1 personal training whilst also keeping the cost down. It is recommended that both clients have the similar goals in mind but fitness levels between partners do not have to be the same.</p>	<p>60 minute 1-2-1 session</p> <p>Mobility work</p> <p>Main session structured to your goal</p> <p>Weight/Set/Rep tracking</p>

Please see last page for terms and conditions.



Online Coaching		Elements within this service
Bronze package £125 first month £75 each month after Online coaching offers both training and nutrition guidance from your phone, tablet and laptop. You receive video calls, emails for support and accountability with full access to my app where I can give you video structured training programs, habits built into your schedule and fully synchronised food diaries.		75 minute 1-2-1 consultation
		Extensive written feedback
		Weekly check-ins
		1 x recipe book per month
		Full access to training app including personalised programme design
Silver package £125 first month £125 each month after		The same as bronze +
		2 x weekly check ins
		Follow up phonecall
		1 x 30 minute monthly video call
		Monthly nutrition survival guides
Gold Package £175 each month		The same as silver +
		Fortnightly video calls
		24/7 messaging support

*Online coaching requires a minimum of 2 months payment up front.

Personal training terms and conditions:

There may be unforeseen circumstances that might arise which require your sessions to be rescheduled or cancelled. In this event the following policies apply:

- If I am forced to cancel your session within 24 hours, you will receive another session at no additional charge.
- If I am forced to cancel your session giving you more than 24 hours' notice we will look to reschedule as soon as possible.
- If I am running late in starting your session, I will extend the session time accordingly or make it up on an alternative date, whichever is most convenient to you.

If you (the client) cancel or run late:

- If you cancel your session with less than 24 hours' notice or fail to attend you will be deducted or billed for the full session fee.
- If you (the client) are late to a session, I will do my best to utilise the remaining time however I am unable to run over time due to potential scheduling conflicts.

- All 10 session personal training packages will expire:
 - In 4 weeks if you have 3 scheduled sessions per week.
 - In 6 weeks if you have 2 scheduled sessions per week.
 - In 12 weeks if you have 1 scheduled session per week.
- All 20 session personal training packages will expire:
 - In 8 weeks if you have 3 scheduled sessions per week.
 - In 12 weeks if you have 2 scheduled sessions per week.
 - In 24 weeks if you have 1 scheduled session per week

A full contract will be sent before any training commences.