



Service Brochure

Nutrition Services	Elements within this service
<p>Personalised Nutrition Work-up £99 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 £175 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 £499 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 $1 = \pounds 50/10 = \pounds 425/20 = \pounds 750$</p> <p>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>	60 minute 1-2-1 session
	Mobility work
	Main session structured to your goal
	Weight/Set/Rep tracking
<p>Mobile Personal Training $\pounds 500$ 10 x 60 minute sessions $\pounds 850$ 20 x 60 minute sessions</p> <p>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>	60 minute 1-2-1 session
	Mobility work
	Main session structured to your goal
	Weight/Set/Rep tracking
<p>Boxing $1 = \pounds 35/10 = \pounds 325/20 = \pounds 600$</p> <p>Whether you are a complete beginner or an already experienced boxer, boxing training can be adapted to suit anyone. In boxing training you will learn correct technique, speed/power drills through to advanced combinations, mixed with some bodyweight exercises to ensure you get a full body workout.</p> <p>**Sessions can be tailored to the client's needs if either more fitness or technique is preferred.</p>	45 minute 1-2-1 session
	Mobility work
	Circuits
	Technique
	Combinations
	Abs

Please see last page for terms and conditions.



Online Coaching		Elements within this service
Bronze package £85 first month £50 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
		Full access to training app
Silver package £100 first month £80 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 £145 first month £125 each month after		The same as silver +
		Fortnightly video calls
		24/7 messaging support

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 cancel your session with notice between 24 and 48 hours, then you will be deducted or billed 50% of the 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.

A full contract will be sent before any training commences.