

How to Start a Package

in 6 Easy Steps



1

Have a look on the "packages" page and see what suits your needs

Choose from either Online Coaching, Bronze, Silver, Gold or Custom packages. All the perks of the Online Coaching are included in the in person packages!

Book in for your free consultation and fill out the pre-consult form!

The consultation is a 30 minute either in person or online meeting for me to understand your goals and needs more to tailor your plan perfectly to you! The pre-consult form helps me gauge your needs before the in person meeting!

2



3

Complete the consultation and start to fill out final documents

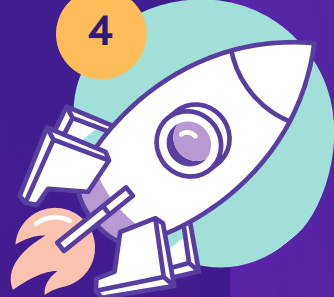
After the consultation I will have a great idea of you and your needs. I will then send you a client analysis form and a 7-day food diary to ensure no gaps are missed!



Set up your payment via GoCardLess

Once you are 100% on starting training with me, I will send you a link to my payment service that will handle all monthly payments for the service.

4



5

Book in for your pre-program execution call

Once payment has been taken I will start sending over your documents for your to view like your client scientific document and personalised your program! Book in your pre-execution plan to answer any questions you may have before starting!



Complete your first session!

Go over to your google sheets program and complete your first session filling out your reps and weights also start filling out your daily progress tracker form! Lets make some gains together!

6

