

— GB — COACHING

YOUR GOALS. MY GUIDANCE.
REAL RESULTS.



ONLINE COACHING

CHOOSE THE PLAN THAT
FITS YOU BEST

BENEFITS OF ONLINE COACHING:

- ✓ Complete coaching tailored to you
- ✓ Personalized to your goals
- ✓ Clear structure & consistent
- ✓ Ongoing support & motivation

BASIC

€75

PER MONTH

PREMIUM

€100

PER MONTH

FEATURES	BASIC	PREMIUM
 TRAINING PROGRAM	✓	✓
 ACCESS TO THE APP Weekly check-in (via the app)	✓	✓
 NUTRITION GUIDELINES	✓	✓
 PERSONALIZED NUTRITION COACHING	—	✓
 WEEKLY NUTRITION ANALYSIS	—	✓
 UNLIMITED ADJUSTMENTS	—	✓
 RESPONSE TIME	48 HOURS	24 HOURS



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