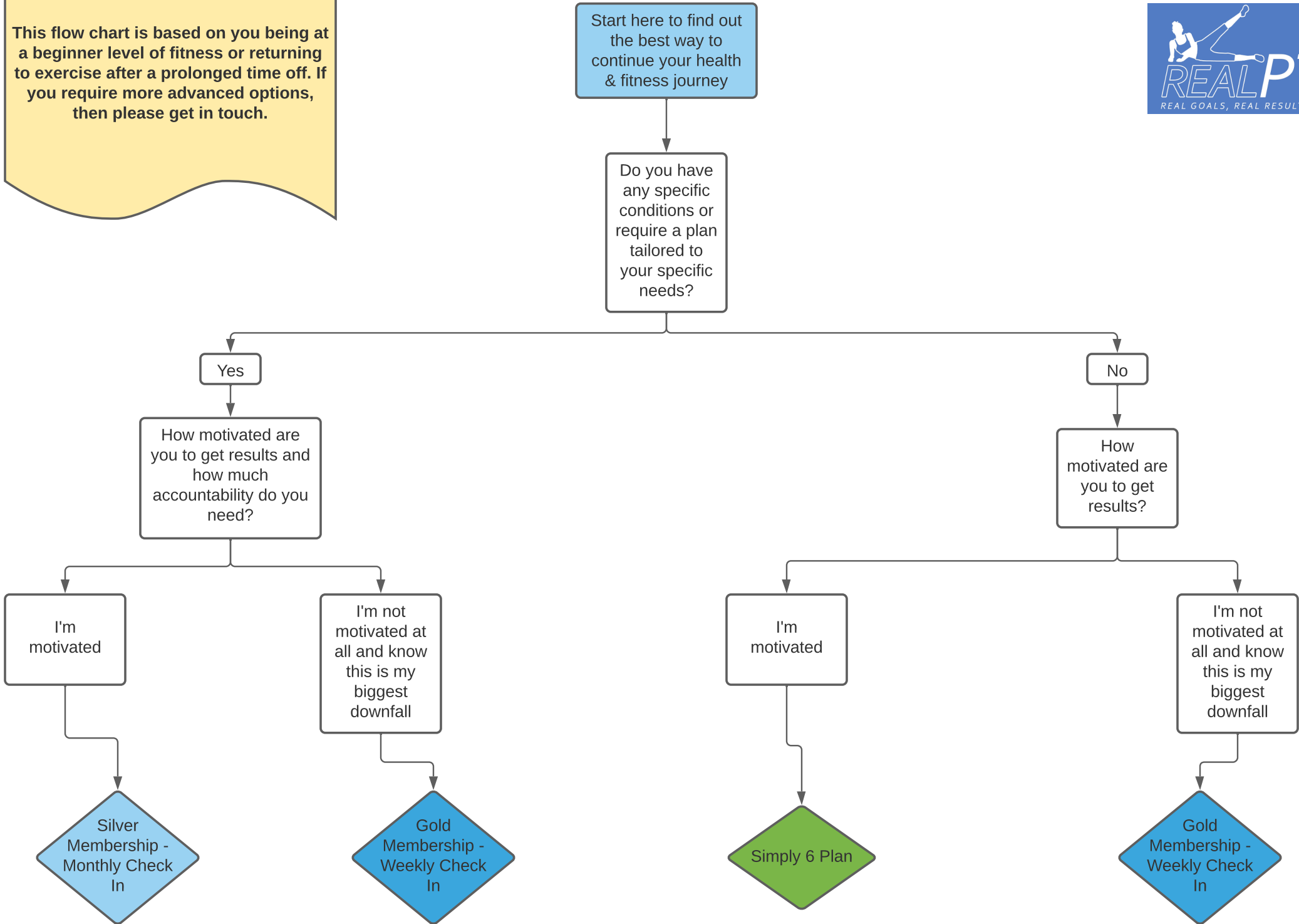


This flow chart is based on you being at a beginner level of fitness or returning to exercise after a prolonged time off. If you require more advanced options, then please get in touch.



PLAN NAME	DURATION	ABILITY	FEATURES	PRICE
Text				
Simply 6 Plan	6 Weeks	Beginner	<ul style="list-style-type: none"><li>·6 Week Plan</li><li>·No Equipment Required</li><li>·Up to 4 Workout Days &amp; Movement Goals</li><li>·Fat Loss Meal Plan &amp; Recipes</li><li>·Set Up Coaching Call to give you the very best start</li><li>·Weekly Coaching E-mails</li><li>·Access to Member's Area &amp; Live Classes Every Week</li><li>·All features of Real PT app</li></ul>	£100 – one off payment
Gold Bespoke Membership – Weekly Check In	Monthly	Bespoke	<ul style="list-style-type: none"><li>·A full lifestyle audit is undertaken (with follow up call if required) to gather everything I need to know to personalise your plan</li><li>·A completely bespoke exercise and nutrition plan is designed for you specific to your goals and requirements</li><li>·Plan tailored to wherever you want to workout and the equipment you have available</li><li>·Weekly check in.I will review and provide feedback on all of your activity and nutrition over the course of the week and set goals for the week ahead plus make adjustments where necessary so that you achieve your goals and stay on track throughout the plan. Access to Member's area &amp; Live classes every week</li><li>·All features of Real PT app</li></ul>	£200pcm
Silver Bespoke Membership – Monthly Check In	Monthly	Bespoke	This option gives you all of the above as per bespoke coaching only you will only check in once a month rather than weekly. So you need to be motivated enough to be able to adhere to plan for longer on your own. Every month, you will have a review form to complete and then I will do a review of the last month and set a plan for the month ahead should you wish to continue. It allows you the tailor made plan but with less accountability for those that are more motivated.	£100pcm
12 Month Transformation Plan	12 Months	Bespoke	This is bespoke online coaching as above with all features only you get a big discount for signing up for the long term. Taking this option may mean paying more upfront but if you know that the results you need won't happen overnight, it's worth it to set yourself a plan to get to where you need to be once and for all!	£2,000 – one off payment - A discount of £400 in comparison to monthly payments

CLIENT RESULTS & TESTIMONIALS

JAYNE



Jayne wanted to make a full commitment to reaching her ultimate goal and so signed up for the 12 month transformation plan.

Jayne says:

"I am really pleased with the results and Adele's app is perfect for me and how I work. It has helped me change the way I think about exercising. Adele is really easy to work with and her support throughout has been amazing and helped me get where I am now!"

SARA



Sara started her journey on the Simply 6 Plan and is now a bespoke coaching client with weekly check in's to keep her accountable.

Sara says:

"I have loved my fitness journey with Adele and the results I am getting thanks to her expertise, support and encouragement. It hasn't always been easy and some days I have had to force myself to get into my exercise clothes and complete my workouts but I always feel better afterwards. Adele provides detailed feedback and sets achievable goals each week for me and the fact that I know she is checking my results and making me accountable makes me determined to carry on and prove to myself that I can do this. I feel fitter, healthier and stronger and feel better about myself and this is all down to the great training provided by Adele. Thank You! X

HANNAH



Hannah was a f2f client and then moved onto online bespoke coaching following lockdown where she has continued. She has a weekly check in on her plan.

Hannah says:

"Over the course of my life I have tried every diet going and have lost little bits of weight here and there but I never maintained the losses and never changed the way I think about food and exercise and prior to this year became the biggest/heaviest that I have ever been. Tracking food and working with the support of Adele my mindset has changed and I am now more aware of how weightloss works and how to maintain this. I have now found a love for exercise and my body which I never thought I would and for that I will be forever grateful to Adele for her support and encouragement."