

# S.C.U.L.P.T.

## OPTION 1: VIRTUAL COACHING

## PRICE PER MONTH

- COACHED 1 HOUR SESSIONS VIA VIDEO CALL
- FACEBOOK LIVE CHECK INS
- ACCESS TO THE CLIENT SUPPORT GROUPS
- FULLY MONITORED AND MANAGED NUTRITION
- ACCESS TO GUIDES ON SLEEP, NUTRITION, WELLBEING, RECIPES AND MUCH MORE

2 SESSIONS PER WEEK: £250  
3 SESSIONS PER WEEK: £350

## OPTION 2: ONLINE COACHING

## PRICE PER MONTH

- PERSONALISED PROGRAM AND ACCOMPANYING COACHING VIDEOS
- WEEKLY 30 MINUTE CHECK IN VIA VIDEO CALL
- FACEBOOK LIVE CHECK INS
- ACCESS TO THE CLIENT SUPPORT GROUPS
- NUTRITION GUIDANCE
- ACCESS TO GUIDES ON SLEEP, NUTRITION, WELLBEING, RECIPES AND MUCH MORE

£100

### ALL COACHING PACKAGES INCLUDE:

8AM - 9PM COACH CONTACT HOURS DAILY

### CANCELLATION POLICY

I understand and agree that I will be fully charged for a session unless 24 hours notice is given. I understand that this is a 3 month commitment contract.

In the event of gyms opening and being safe to use the coaching options will be transferred to face to face coaching options.

The first payment will be made payable via bank transfer when booking the first session, after which the payment will be made payable by bank transfer or standing order on the 1st of each month.

SIGNED:

DATE:

### KEEP IN TOUCH

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