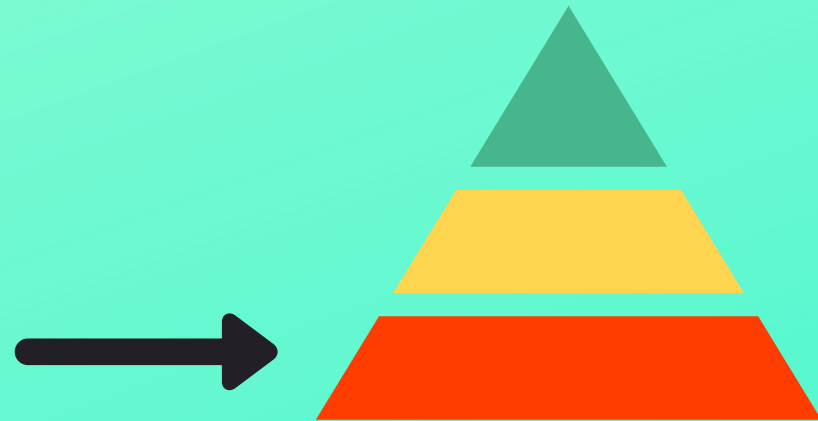


LOW TIER OPTION

For the client: Lower Commitment

For the trainer: Lower Effort

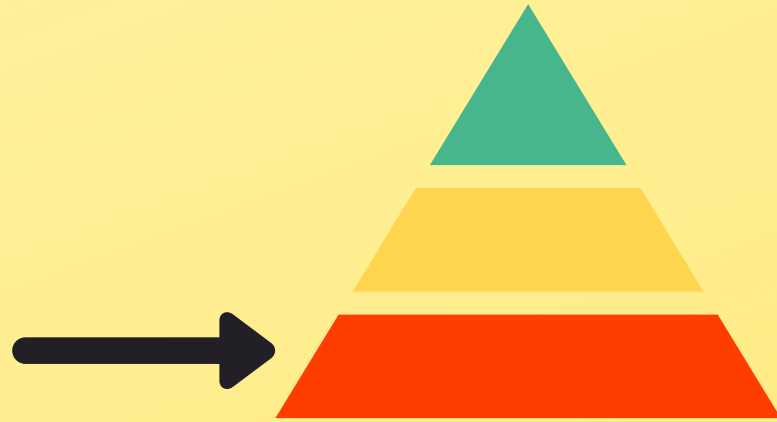


Sample Range: \$5- \$100

MIDDLE TIER OPTION

For the client: Lower Commitment

For the trainer: Moderate Effort

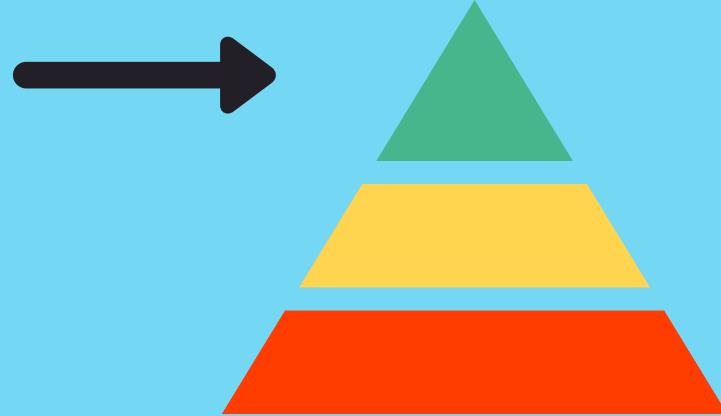


Sample Range: \$100- \$200

HIGH TIER OPTION

For the client: High Commitment

For the trainer: High Effort



Sample Range: \$200- \$750+

PACKAGE EXAMPLE 1



Weekly Check-in via email or message

24 hour access for questions, form checks, etc with less than 24 hour response time.

Custom Workout Plan and Nutrition based on goals, with adjustments as needed

Supplement guide, grocery list and other downloadable PDFS

Cardio recommendations

\$250/MONTH

MONTHLY VS. WEEKLY PACKAGES

You can sell month to month committments or weekly packages--this is up to you!

I like to sell in 12 week packages but there is no right or wrong way.

\$250 a month or, do a package at
\$689 for 12 weeks

PACKAGE EXAMPLE 2



Weekly Check-in via email or message

24 hour access for questions, form checks, etc with less than 24 hour response time.

Custom Workout Plan and Nutrition based on goals, with adjustments as needed

Supplement guide, grocery list and other downloadable PDFS

Cardio recommendations

Facebook community to talk to other people, share recipes, ask questions, etc.

Monthly team Zoom call

\$375-400/MONTH

MONTHLY VS. WEEKLY PACKAGES

You either sell commitments of

\$375-400 a month

or, do a package at

\$1,050- \$1,100 for 12 weeks

PACKAGE EXAMPLE 3



Weekly Check-in via email or message

24 hour access for questions, form checks, etc with less than 4 hour response time.

Custom Workout Plan and Nutrition based on goals, with adjustments as needed

Supplement guide, grocery list and other downloadable PDFS

Cardio recommendations

Facebook community to talk to other people, share recipes, ask questions, etc.

Monthly team Zoom call

1 personal monthly Zoom checkin

\$550-750/MONTH

MONTHLY VS. WEEKLY PACKAGES

You either sell commitments of

\$550-750 a month

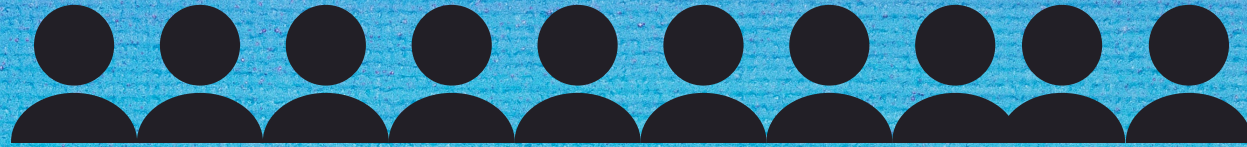
or, do a package at

\$1,524- \$2,075 for 12 weeks

15 clients at \$250 a month = \$3,750



10 clients at \$375 a month = \$3,750



6-7 clients at \$550 a month = \$3,300-\$3,850

