



COACHING PACKAGES



ABSOLUTE ATHLETE

PACKAGE 1 NUTRITION ONLY

You Will Receive:

Personalised Macronutrient/Calorie targets, based on your goals, plus ongoing adjustments throughout the 8 weeks as needed (based on your progress)

Example Meal Plans as needed to help you understand how to hit your macro targets to show you how to structure your day.

Our **"Guide to Flexible Dieting"** which explains the methods of Flexible Dieting/IIFYM which will be applied to reach your goals and maintain long term amazing results! A copy of our "How to track whilst eating out" and "Macro cheat sheet".

Official Check-ins with us personally each week via WhatsApp to discuss progress, compare photos and make adjustments to your program where necessary

Ongoing support & motivation – ask us for advice ANY time!

Access to my **private Facebook Forum** for our Clients, where you can chat with us and other amazing clients around the world on similar journeys as you, working on their health & fitness!

P A C K A G E 1

-Nutrition Only (no training)

-Weekly check ins/Un-capped support

This package is perfect for those who are already in a good training routine or have their training under control via a PT/group fitness.

Let me guide your nutrition to make sure you see the best possible progress!

YOU WILL RECEIVE:

All Nutrition & Coaching as per above, with bonus flexible dieting ebook, weekly check-ins, and un-capped coaching.

PRICE:

With Coach Jasmine \$59.95 + GST per week

With Coach Shaun \$49.95 + GST per week

For your nutrition program, meal plans, weekly check-ins & un-capped contact with us (ask us for advice any time!), plus access to our amazing Facebook Support Group with others sharing their journeys!

price quote is only valid for 2 weeks

P A C K A G E 2

N U T R I T I O N &

T R A I N I N G

-100% Personalised Training Plan

-Weekly check ins/Un-capped support

This package best suits those with specific training requests, either due to preferences, particular body parts to focus on, mixed training styles, or minor injuries that you need to work around. You'll have the opportunity to provide feedback/requests so that your program is 100% personalized to your needs, goals, likes & dislikes, injuries etc.

YOU WILL RECEIVE :

A 6-8 week training block with planned progression. This is completely customized based on your requests.

Includes all Nutrition & Coaching as per above, our "Guide to Flexible Dieting eBook", our "How to track whilst eating out" and "Macro cheat sheet" plus weekly check ins to assess progress and make changes where necessary to maximise results. We will be by your side throughout the entire journey to ensure you are supported and given all the tools you need to succeed!

P R I C E :

With Coach Jasmine \$89.95 + GST per week

With Coach Shaun \$79.95 + GST per week

For your completely PERSONALISED training plan, along with your nutrition program, meal plans, weekly check-ins & un-capped contact with us (ask us for advice any time!), plus access to our amazing Facebook support group with others sharing their journeys!

price quote is only valid for 2 weeks

Package 2 Information:

You will receive a personal account on our App (Trainerize) with access to your training programs- Demonstration videos if you are unsure of an exercise, plus you can send us technique check videos anytime- App allows you to track weights each session to ensure progression, this also helps with motivation- Track your body stats e.g weight, waist and add photos and easily compare progress -

Access to message us any questions in between check ins anytime- App allows us to have access to see all your tracked sessions- Every 4-8 weeks you will receive an updated custom training program-

Check ins are done weekly through our personal number and include any changes needed according to progress and feedback.

You will receive customised Macro/Calorie Targets- One example day of eating using your macros when you first start- Our Nutrition Ebook includes information about macros and how to track them, our personal tips & some recipes.- Training Ebook-

Private facebook support group where we share recipes, tips, struggles, progress and more!

*Minimum 8 week commitment - after 8 weeks your coaching will continue. To stop: 1 weeks notice of cancellation through email only is required.

*Limited Spaces to ensure quality service for each client. I currently have a waitlist

*Non-Refundable start up fee of \$100 must be made, this covers start up costs plus your first week of coaching with us.

*All payments are made through pay advantage

P A C K A G E 3 F U L L V I P E X P E R I E N C E

-100% Personalised Training Program

-Weekly check ins/Un-capped support

-Fortnightly Zoom Call

**-Access TO ALL My masterclasses, Webinars,
Courses & Future Challenges**

This package includes everything package 2 has, plus a fortnightly zoom session with me where you have the opportunity to ask me questions directly and we can talk everything goals related. You will also get access to all my previous and upcoming webinars, masterclasses and courses I run which is all included in this membership. This is the highest level of support and the most access you can get to ensure you have absolutely everything you need to succeed with your physique goals.

INVESTMENT :

With Coach Jasmine \$159 + GST per week

With Coach Shaun \$139 + GST per week

- *Minimum 8 week commitment - after 8 weeks your coaching will continue. To stop: 1 weeks notice of cancellation through email only is required.
- *Limited Spaces to ensure quality service for each client. I currently have a waitlist
- *Non-Refundable start up fee of \$200 must be made, this covers start up costs plus your first week of coaching with us.
- *All payments are made through pay advantage

price quote is only valid for 2 weeks

COMPETITION PREP COACHING

- 100% Personalised Training Program
- Weekly check ins/Un-capped support
- Show day checklist
- Peak week protocols and adjustments
- Weekend support on your show weekend
- Show Day meal plan
- Posing recommendations
- Bikini, trunks, hair, shoes and makeup suggestions
- New goal creation post show and mandatory reverse diet and recovery phase
- & so much more

This package includes everything package 2 has, and everything listed above to ensure you have a successful and healthy competition prep.

INVESTMENT :

With Coach Jasmine \$110 + GST per week

With Coach Shaun \$100 + GST per week

- *Contest Prep package will apply from 20 weeks out
- *Limited Spaces to ensure quality service for each client.
- *All prep clients can start off with package 2 during their offseason and payment will automatically change over to comp prep package from 20 weeks out

price quote is only valid for 2 weeks