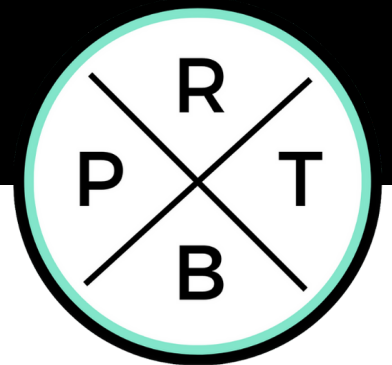


TERMS AND CONDITIONS

**HAPPIER
HEALTHIER
STRONGER**



Online Clients

What to expect

- Personalised training - tailored to your goals , access to equipment/gym and lifestyle - all delivered via the RBPT hun
- Nutritional coaching - Access to the RBPT Nutrition Basics EBook , Personalised nutritional coaching and education.
- Weekly Check in, progress tracking and goal setting.Sunday morning check in between 9-11am - all information to be submitted for the week by this time.
- Coach contact - any queries or questions can be sent via the RBPT hub and will be responded to within 24 hours - Contact hours 9am -6pm Mon - Friday - anything outside of these hours will be responded to the next day.
- Access to Whats App support group - a collection of like minded people all sharing ideas, wins, and struggles.

1-2-1 clients

- Programing and personalised training delivered by your coach at fierce gym Milton keynes - at your desired frequency.
- Nutritional consultation - and follow up education , personalised goal setting and progress tracking.
- Access to all RBPT EBooks - nutrition , training and cookbooks.
- Access to WhatsApp support group - a collection of like minded people all sharing ideas, wins, and struggles.
- Coach contact - any queries , questions or extra support needed can be sent via the RBPT app - i will respond within 24 hours. Contact hours 9am -6pm Mon - Friday - anything outside of these hours will be responded to the next day.