

16-52 Week Transformation

*I teach you **EVERYTHING** you need to know and hold your hand every step of the way to guarantee success!*

1. Learn how to **eat what you want** without sabotaging results.
2. Learn how to train however you want without sabotaging results. I will get you **maximum results with minimal effort.**
3. Lifestyle recalibration (unlimited access via text, call, facetime, videos etc.) – I will design your package to teach you how to achieve these goals for the rest of your life. So when we are done **you don't need me anymore.**

Transformation

DETAILS:

You get your own account, so when you access my Training App everything in there is specifically for you. You can also access your account via computer if you want.

Nutrition: I will create you Meal Plans, I will send you links where to buy the food, everything will be very easy to get at a single store near you or order online. Meal Plans will include foods and meal types specifically requested by you. Pictures and instructions for everything needed. Very user friendly ways to navigate through plans and aesthetically pleasing (easy to read) After we speak and I answer any questions you have, you will have different meals. We will do Specific Meal Plan/Nutrition Calls so you understand exactly what your options are and see how flexible it can truly be. If you want to track your food (calories, macros other nutrients) that is an option, integrated into my app, as well.

Training App: Inside the app you can check your schedule, which breaks down everything you need to do that day and that week. From workouts, to logging food, weighing-in, etc. No one client is the same, so you might not be doing all of that. But on our first call we will determine what best fits your lifestyle. I am all about getting results without impeding the client's current schedule. **All the thinking and planning, on your end, will be ZERO.** I handle all of that for you!

You will have customized workouts with **videos and directions for every exercise**. You can track your reps, weight, time. Whatever you want.

The app also allows you to take pics of your food. And I will give feedback directly in your Food Diary if necessary

You can also track your body weight, progress photos, body measurements and really **track anything you want** (like personal records. Just let me know and I will set it up)

I will **hold your hand** through this process and **make sure you succeed**, that is what you are truly getting here!

BONUS CONTENT:

You will get PDFs added to your training app account with calorie guides to many **popular restaurants** and **popular fast food chains**. Plus instructional videos on how to **measure your body on your own**. And more!

FAQs & Comments

1. Why is this better than a personal trainer at a gym?

Personal trainers will be \$50-200 per session and most of, if not all, they focus on is training.

You probably know by now, that nutrition is responsible for 80-90% of your results.

So if your nutrition is off but we are training your brains out, you still won't hit your goal.

Therefore, if you go pay a trainer, you're paying premium price for 10-20% of your results. Additionally, they are most likely not with you for every workout. You might have some days where you are left to your own devices, not following a true Workout Plan.

2. I have seen cheaper “Online Programs” out there.

Well, you could go get the program like *Six-Pack Shortcuts*. But the issue with those is they will just say stuff like “Do this, do that, don't complain and you'll get results. Just suck it up.”

Well, that's great, but the problem is the second you get sick of doing the same routine that they give you for the \$50-200, what's your next move?

You get frustrated and/or bored. The chances are, you're going to quit (which sucks) or you're going to move to a new thing (which equals more money to spend and time wasted).