

Perfect for Fat-loss | Confidence | Strength | Muscle Building | Mental Health

The
MILLIE HOFFMAN
FITNESS

12 WEEK PLAN

- 1:1 SUPPORT AND COACHING APP
- PERSONALISED EXERCISE PLANS TO SUIT YOUR GOALS AND INCREASE CONFIDENCE
- NUTRITION PLANS AND RECIPE IDEAS
- TRACKING AND GOAL MONITORING
- **PLUS** OPTIONAL PT SESSIONS



The promise of the programme

DEPENDING ON YOUR GOAL,

I WILL PERSONALLY BE THERE TO GUIDE YOU, HELP YOU CHANGE THE WAY YOU FEEL ABOUT HEALTH/FITNESS AND HOLD YOU ACCOUNTABLE DURING THE PROCESS.

WHETHER YOU WANT TO LOSE FAT, FEEL MENTALLY HAPPIER, MORE FOCUSED OR FIND CONFIDENCE IN YOURSELF AND YOUR TRAINING, MY ONLINE COACHING WILL GIVE YOU THE BEST CHANCE AT SUCCESS AS YOU'LL HAVE:

- A PROPER PLAN AND ROUTINE TO FOLLOW
- ACCESS TO AN ONLINE COACHING APP
- BE ABLE TO PROGRESSIVELY OVERLOAD SAFELY WITH INSTRUCTION FROM A QUALIFIED TRAINER
- A PERSONALISED NUTRITION PLAN AND ADVICE
- 27/7 SUPPORT
- EDUCATION THAT WILL ENABLE YOU TO MAKE THE CORRECT DECISIONS LONG-TERM



Length of the programme

THE PROGRAMME WILL BE SPLIT INTO 3 CYCLES.

MONTH 1

EACH CYCLE WILL COME WITH AN EXERCISE & NUTRITION PLAN SPECIFICALLY DESIGNED FOR YOU.

MONTH 2

WE WILL HAVE A CHECK-IN AFTER EACH CYCLE TO MONITOR YOUR PROGRESS, ALONG WITH WEEKLY COMMUNICATION VIA THE APP.

MONTH 3

ONCE MONTH 3 IS COMPLETED, WE WILL COMPARE YOUR DATA FROM MONTH 1 AND YOU WILL RECEIVE YOUR CERTIFICATE OF COMPLETION!

EACH CYCLE WILL BE PROGRESSIVE AND CHALLENGE YOU

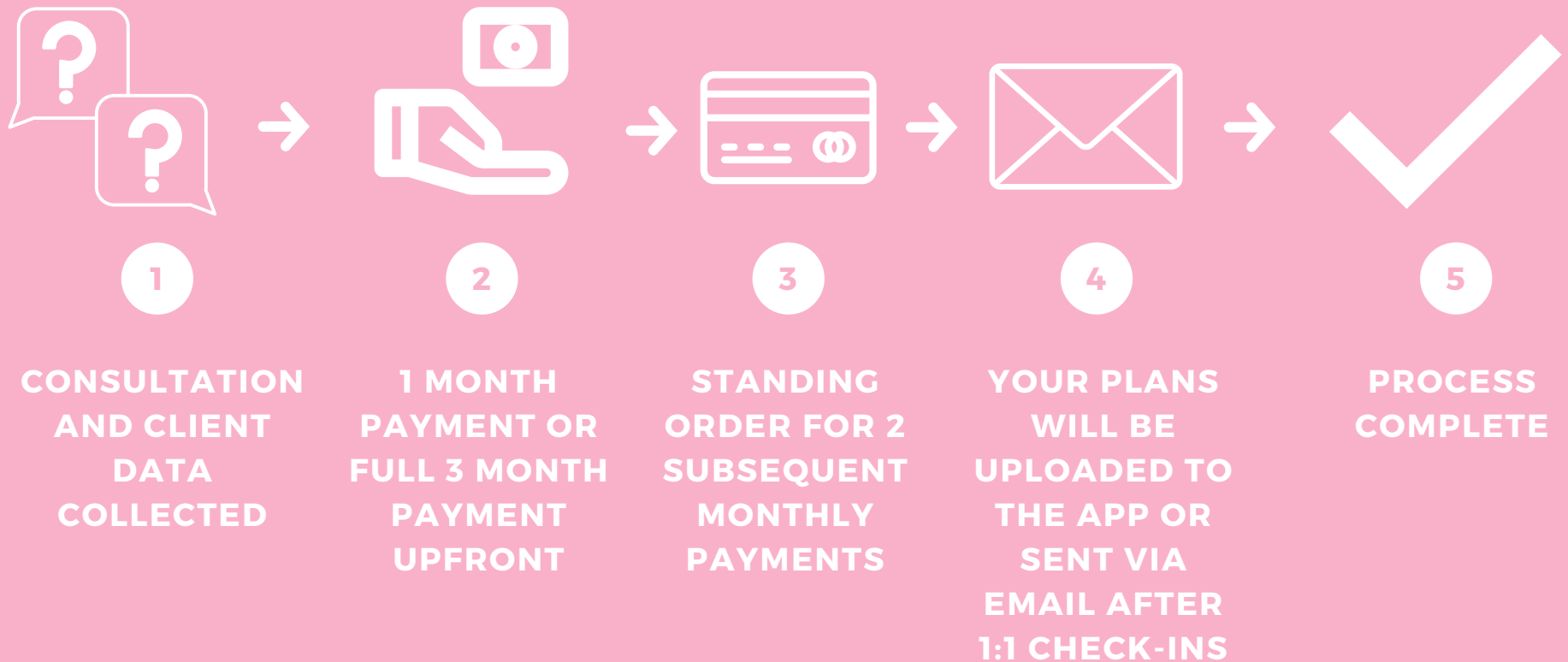
How does it all work?

- Step 1:* CONSULTATION TO UNDERSTAND THE CLIENT AND THEIR LIFESTYLE, GOALS AND EXPECTATIONS
- Step 2:* PREPARE & PLAN - AGREE PREFERRED METHOD OF COMMUNICATION AND ACCESS TO APP. DISCUSS RECOMMENDED TECHNOLOGY TO SEND UPDATES (I.E APPLE WATCH READINGS AND MYFITNESSPAL LOG)
- Step 3:* WEEKLY UPDATES TO SHARE ACTIVITY AND 1:1 CHECK-IN CALL/FACETIME AT THE END OF EACH CYCLE
- Step 4:* 12 WEEK PLAN COMPLETION CERTIFICATE & A CHANCE TO SHOW OFF YOUR PROGRESS!
- Step 5:* OPTION TO CONTINUE 1-1 ONLINE COACHING



Pricing & Payment

INTRODUCTORY OFFER - ONLY £167 PER MONTH FOR A LIMITED TIME ONLY



EMAIL [MILLIEHFITNESS@GMAIL.COM](mailto:milliefitness@gmail.com) TO ENROL TODAY!

Frequently Asked Questions

Q: CAN ANYONE SIGN UP TO YOUR 12-WEEK PLAN?

A: YES, ANYONE CAN JOIN MY PROGRAMME. HOWEVER, THERE WILL BE A LIMITED AMOUNT OF CLIENTS I TAKE ON PER 12 WEEKS IN ORDER TO PROVIDE EACH OF MY CLIENTS THE FULL SUPPORT AND ATTENTION THEY NEED.

Q: CAN I OPT FOR PERSONAL TRAINING AS WELL AS ONLINE COACHING AND WILL IT BE AN EXTRA COST?

A: I WILL BE OFFERING SOME PT SESSIONS AS WELL AS GROUP SESSIONS AT AN ADDITIONAL COST. IF THERE IS A MAJORITY OF ONLINE CLIENTS WHO WOULD LIKE A GROUP SESSION, I CAN ORGANISE THIS FOR A SUBSIDISED RATE.

Q: HOW WILL YOU ENSURE I AM FOLLOWING THE PROGRAMME AND DOING THE WORKOUT PLANS CORRECTLY?

A: NOT ONLY WILL WE HAVE OUR WEEKLY UPDATES AND MONTHLY CHECK-INS, YOU WILL BE ABLE TO SEND ME RECORDINGS SO I CAN MONITOR YOUR FORM, SEND YOUR FOOD LOG AND SHARE YOUR ACTIVITY VIA THE APP.

Ready to sign up?

CONTACT ME VIA EMAIL FOR
YOUR CONSULTATION FORM!



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@MILLIEHFIT



MILLIEHFIT

