

Coaching Package Comparison

Feature	Basic Program	Standard Program	Premium Program
Workout Plan	Pre-designed workout plan for general fitness	Adapted from proven frameworks to match your goals & fitness level	100% built from scratch around your body, goals, schedule, and equipment
Nutrition Guidance	General healthy eating tips	Personalized calorie & macro targets with meal guidance	Fully individualized nutrition program based on lifestyle, preferences, and restrictions
Adjustments	Fixed plan (no ongoing changes)	Occasional updates to keep you progressing	Regular updates (weekly or bi-weekly) to maximize results
Support Level	Limited (basic email support)	Standard support with accountability check-ins	Premium 1:1 support with ongoing feedback and adjustments
Best For	Beginners who want structure and simplicity	People who want personalized direction with flexibility	Serious clients looking for complete, evolving, hands-on guidance