



# **Your 1:1 Toolkit Plan**

## **£49.95- One Time Payment**

### **What's included:**

- **Accountability & Support**
- **Initial 1:1 chat on Zoom**
- **Set fitness, lifestyle and nutrition goals to best support you**
- **Twice weekly checkin via text/what's app or email**
- **Your personalised toolkit to support your lifestyle**
- **6 week support - option to extend**
- **Weekly planner provided**