

ONE TO ONE NUTRITION & PT COACHING SERVICES 2023/24



ONE TO ONE PERSONAL TRAINING SERVICES

Whilst personal training is just that - PERSONAL, every one has one thing in common -

RESULTS

They could be in the form of improved fitness, weight loss, better appearance. Results are not an overnight occurrence and will require more than one session.

I do offer individual sessions, however with the above in mind I would ask that you look at a minimum of 8 weeks to achieve your goals.

I offer 8, 10 and 12 week plans. The details of which are outlined in the following pages.

EVERY programme comes with a FREE app, cook books and gym sessions and guidance of the highest quality

As one of only 1000 MACNUTRITION qualified nutritionists WORLDWIDE, I offer the highest level of nutritional support available. As well as Personal Training I offer nutritional consultations

These sessions will take place at GRAFTHAUS gym. There is free parking on site, along with changing facilities and a refreshment area.



QUICK START 4 WEEK PLAN

This plan is a great starting point for any new gym goers and at the same time can be tailored for more seasoned gym goers who require some form of direction, accountability and education to take them to the next level

You will receive **5 sessions** 1 of which is nutrition theory and 'classroom' based

The Plan includes;

- 4 Gym based sessions
- 1 Nutrition session
- Use of Team T app
- 4 Cook books
- Suite of nutrition resources
- Plan for use upon completion of the 4 week block

This plan has no long term commitment which makes it ideal for those wanting to 'go it alone' as soon as possible.

Payable as 1 instalment of £225

IMPORTANT

**MUST BE COMPLETED WITHIN 5 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 5 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED AS
SUCH**



ONE SESSION PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive ONE hour long session per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £340

Or 2 Instalments of £175

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive TWO, hour long sessions per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £640

Or 2 Instalments of £330

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive THREE, one hour long sessions per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £915

Or 2 Instalments of £469

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



ONE SESSION PER WEEK

(10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive ONE, hour long session per week for 10 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £399

Or 2 Instalments of £205

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive TWO hour long session per week for 10 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £780

Or 2 Instalments of £399

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive THREE, hour long session per week for 10 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £1110

Or 2 Instalments of £569

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



ONE SESSION PER WEEK (12 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive ONE hour long session per week for 12 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price

Payable as 1 instalment of £480

Or 3 Instalments of £170

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (12 weeks plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive TWO hour long session per week for 12 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success. this gives you a level of accountability.

No membership to the gym is required, the use of the gym and facilities is covered in the price

Payable as 1 instalment of £915

Or 3 Instalments of £315

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (12 weeks plan)

An excellent package for someone who requires motivation and accountability , but requires results.

Over 12 weeks you will receive three sessions a week. I will take your weight every week. Your nutrition will be adjusted to reflect your progress

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week I will retake your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price

Payable as 1 instalment of £1296

Or 3 Instalments of £445

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



FEMALE HEALTH COACHING 1-2-1

There is a huge difference in the needs and requirements of females when compared to their male counterparts.

This programme and style of coaching aims to address these issues and offers a bespoke package, not just for the person, but one that takes into consideration the whole area of female physiology and psychology.

The programme covers;

Training around the menstrual cycle for optimal progress

Perimenopause -

Menopause

Body Image

A programme designed to build a lean, toned, healthy figure

Nutrition

Supplementation

The focus of the programme will shift, determined by your age and physiology and is suitable for any female of any age.

A consultation is advisable before we begin.

1 session per week for 4 weeks - £175

2 sessions per week for 4 weeks - £330

3 sessions per week for 4 weeks - £490



FEMALE HEALTH COACHING - ONLINE

There is a huge difference in the needs and requirements of females when compared to their male counterparts.

This programme and style of coaching aims to address these issues and offers a bespoke package, not just for the person, but one that takes into consideration the whole area of female physiology and psychology.

The programme covers;

Training around the menstrual cycle for optimal progress

Perimenopause -

Menopause

Body Image

A programme designed to build a lean, toned, healthy figure

Nutrition

Supplementation

WEEKLY CHECK-INS

The focus of the programme will shift, determined by your age and physiology and is suitable for any female of any age.

A consultation is advisable before we begin. All programming will be supplied via my own personalised app.

4 weeks coaching - £160



PLATINUM 12 WEEK PLAN

THE ULTIMATE 12 WEEK PLAN

4 sessions per week for 12 weeks (48 sessions)

3 months gym membership at GRAFTHAUS gym
UNLIMITED USE OF THE GYM OUTSIDE OUR SESSIONS

3, FIT3d full body scans

Full Nutrition consultation and support (Calories, protein amount, suggested supplementation protocol)

Programme changed as required to reflect progress

Cooks books with 120 recipes (calorie and macro counted)

Weekly accountability check in

All sessions will take place at GRAFTHAUS gym in Leeds

Payable as 1 instalment of £1998

Or 4 Instalments of £505

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



ON LINE TRAINING

(4 week blocks)

An all encompassing programme. An ideal solution for those who cannot train with me in person due to time or logistical constraints.

After an initial discovery call I will design a training and nutrition plan with the sole purpose of achieving your goals.

You will receive:

- My own Teamt custom app
- A 4 week training block designed specifically for you based upon your goals and equipment availability
- A flexible nutrition strategy. One which is sustainable and goal orientated
- A number of nutrition resources
- 4 cook books
- WEEKLY telephone check-ins
- Myfitnesspal support

4 weeks - £150



NUTRITION SERVICES

Thank you for your interest in my nutrition services. Each of the packages I offer is designed to help you improve your health, enhance your nutritional knowledge, and develop a better relationship with food. Many people believe they know how to care for themselves, but nutritional education is often lacking and I'm here to help bridge that gap.

Our journey begins with a questionnaire, allowing me to understand your current health and nutritional status, as well as your goals. This is followed by a 60-minute consultation. The initial consultation takes approximately one hour and costs **£89**. The consultation questionnaire can be found [here](#).

The consultation may provide all of the insight you need, and there is no further obligation, however for ongoing support, we can proceed with one of my three nutrition packages.

ESSENTIAL NUTRITION

This foundational package includes a detailed, personalised written report tailored specifically to you with your goals in mind. It covers:

- Calorie and Macro Requirements: Customised recommendations based on your individual needs.
- Daily Calorie Intake: Guidelines to ensure you're consuming the right number of calories.
- Meal Frequency Guidelines: Advice on how many meals you should be eating each day.
- Supplementation Suggestions: Recommendations for any necessary supplements to support your health.
- Most Importantly...Individual Issue Analysis: Addressing any specific emotional or physical issues you're experiencing, as these are fundamental to your plan.

Bonus: Four PDF cookbooks to help you with meal ideas and inspiration.

ESSENTIAL NUTRITION - £199

COMPREHENSIVE NUTRITION

In addition to everything included in the Essential Nutrition package, this package offers:

- Email Support: One month of email support to address any questions or concerns you may have, along with any minor adjustments to the calorie and macro intakes.

COMPREHENSIVE NUTRITION - £249

Optional: For an additional fee of **£99 per month** bi-weekly evaluation check-ins and programme adjustments by zoom are available. This option is available on an ongoing basis after month one.

COMPLETE NUTRITION

This is the most in-depth package I offer and includes all the features of the Essential and Comprehensive packages, plus:

- 2 Bi-Weekly Evaluation Check-Ins by ZOOM: Regular check-ins to track your progress and make necessary adjustments for the first month.
- Personalised Meal Plan: A detailed meal plan to help you achieve your specific health and nutrition goals.

COMPLETE NUTRITION - £449

Optional: For an additional fee of **£189 per month**, continuing bi-weekly evaluation check-ins by zoom are available along with meal plan updates to ensure your plan evolves with your progress, keeping you on track towards your goal. This option is available after the end of month one.

TERMS AND CONDITIONS

CANCELLATIONS

A **24 hour notice period** must be given for any sessions to be postponed. Failure to do so will result in the session being charged at the full price.

BLOCKS OF SESSIONS

Sessions must be completed within the specified time frame. Any sessions not taken within the agreed time period will be deemed as used and will be charged as such.

SESSION DURATION

Your allotted time is **55 minutes**. A warm up is not mandatory, however you are welcome to use the gym floor and treadmill for 10 minutes prior to your session to perform stretches as required.

Your session slot will conclude **60 minutes** after your appointed start time. Please be aware that whilst late arrival is allowed, this WILL impact on the duration and content of your session.

You may use the treadmill and gym floor for stretches and to cool down for 10 minutes post session.



Sessions completed at
GRAFTHAUS
Unit 4
Cardigan Trading Estate
Leeds
LS4 2BL

Website - WWW.Teamt.uk
Email - Charles@teamt.uk
Telephone/Whatsapp - 07814569131

