PRIVATE COACHING WITH

kylie GILBERT ...

All coaching packages are highly personalised in all areas of your training, nutrition and lifestyle.

Silver Premium and Gold Elite Training, Nutrition and Lifestyle Packages are also available as 'Training and Lifestyle' or 'Nutrition and Lifestyle' if you want either training or nutrition without the other.

Please contact me for a personalised quote on any of the packages below.

Online One on One Coaching

BRONZE STANDARD TRAINING ONLY PACKAGE *The Basics*	SILVER PREMIUM TRAINING, NUTRITION & LIFESTYLE PACKAGE *The Essentials*	GOLD ELITE TRAINING, NUTRITION & LIFESTYLE PACKAGE *The Complete Package* MOST POPULAR	GOLD ELITE TRAINING ONLY PACKAGE *An elite service for training only*
$40/ AUD per week *Plus 15% Project YOU*	**$100** / AUD per week *Plus 50% Project YOU*	**$135** / AUD per week *Plus Full Access to Project YOU*	**$60**/ AUD per week *Plus 25% Project YOU*
• Periodised / personalised training programs • Access to online coaching platform with videos and instructions • Ability to track own progress within the app • End of phase check-ins (4 - 6 weeks)	• Periodised/personalised training programs • Access to online coaching platform with videos and instructions • Daily video feedback on training sessions • Nutrition plans/targets • Personalised and trackable lifestyle goals • Fortnightly check-ins • Ongoing daily support •	• Periodised/personalised training programs • Access to online coaching platform with videos and instructions • Daily video feedback on training sessions • Weight & reps set for you each session • Nutrition plans/targets • Personalised and trackable lifestyle goals • Weekly check-ins • Ongoing daily support	• Periodised/personalised training programs • Access to online coaching platform with videos and instructions • Daily video feedback on training sessions plus weight or rep increments set for you reach session • End of phase check-ins (4 - 6 weeks)

Get in touch with me via kylie@femalefitnessmethod.com.au if you have any questions or for a personalised quote or head on over to the website to send me an enquiry.

Kylie xoxo