

# KB COACHING SERVICES







# COACHING SERVICES

Hi and welcome to KB Coaching “*Physique & Performance*”  
Thank you for showing interest into our coaching services.

We provide a service not a physical object as such; sometimes this can be a little tricky to explain so hopefully this helps!  
We base our pricing off the current market and what other coaches are charging, what we think we are worth and include our experience within the industry and our qualifications.  
Think of coaching as a weekly subscription service.

Our pricing is inclusive of the below:  
(depending on the package)

- The Personal Training session
- Onboarding and initial set up of client
- Program planning/design & adjustments
- Percentage of our Coaching app usage
- Meal plan Set Up, Adjustments, Nutrition targets & needs
- Check in replies, Loom videos, Coaching Calls, Voice Notes
- In-app communication throughout the week
- Time taken for planning/design of social media
- Creation of ebooks/resources to give out

And much more behind the scenes work so we can create a fun and enjoyable coaching experience and give you the best quality service we can offer!

All payments are made through Ezidebit (which does have slightly additional transaction fees)



# ONBOARDING/CONSULTATION

The initial consultation fee (\$85) is inclusive of:

- Onboarding of client to all of our systems
- Goal setting / periodisation planning
- Nutrition Assessment and set up of diet plans
- Body Composition Assessment
- Fitness Screening
- Set up of training programming
- Set up of access to our Coaching app, facebook community and sending out client resources

*THE INITIAL CONSULTATION FEE MUST BE PAID AT LEAST 24 HOURS PRIOR TO THE SCHEDULED DATE OF THE CONSULTATION*

## COMP PREP/IN-SEASON COACHING

From 12 weeks out, all comp prep coaching services will have an increase of \$30.00 per week extra to the current coaching package. This is to cover the extra time and detail required during the last few weeks of a comp prep:

- Weekly in-person check ins
- Increased check ins via WhatsApp/Loom replies
- Peak Week planning/diet plans /posing
- Show Day
- Post Show set up / planning & check ins



# IN-PERSON COACHING

Located at World Gym Bibra Lake



## 1:1 BRONZE

1x PT session weekly

- Fortnightly Check-Ins (In Person) - located at WG Bibra Lake
- Custom Training Program
- Prescribed Calories/Macros
- Food Diary/Training Feedback in-person and online
- Coaching App Communication & Access

\$150/WEEK

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## 1:1 SILVER

2x PT sessions weekly

- Fortnightly Check-Ins (In Person) - located at WG Bibra Lake
- Custom Training Program
- Prescribed Calories/Macros
- Food Diary/Training Feedback in-person and online
- Coaching App Communication & Access

\$220/WEEK

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## 1:1 PLATINUM

3x PT sessions weekly

- Fortnightly in-person check-ins - located at WG Bibra Lake
- Custom Training Program
- Prescribed Calories/Macros
- Coaching App Communication & Access

\$275/WEEK

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# HYBRID COACHING

A mix of in-person and online coaching



## HYBRID 1.0

Fortnightly in-person check in

- Custom Training Program
- Prescribed Calories/Macros
- Food Diary/Training Feedback
- Coaching App Communication & Access
- Online Check-in Form & Loom Check-In Feedback on the alternating week

\$80/WEEK

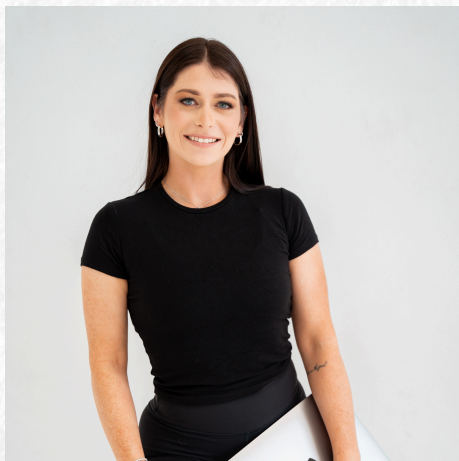


## HYBRID 2.0

Monthly in-person check in + PT session

- Custom Training Program
- Prescribed Calories/Macros
- Food Diary/Training Feedback
- Coaching App Communication & Access
- Online check-in form & Loom check-in feedback on the alternating week

\$95/WEEK



## HYBRID 3.0

Fortnightly in-person check in + PT session

- Custom Training Program
- Prescribed Calories/Macros
- Food Diary/Training Feedback
- Coaching App Communication & Access
- Online check-in form & Loom check-in feedback on the alternating week

\$110/WEEK



# ONLINE COACHING

## FULLY ONLINE ONLY



## COMPLETE PACKAGE

- Weekly Online Check-In Form & Loom Video Reply
- Personalised Training Program (via Kahunas app)
- Prescribed Calories/Macros
- Food Dairy/Training Video Feedback
- Coaching App Communication & Access
- Coaching Resources
- Community Events

\$70/WEEK

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## NUTRITION ONLY

- Weekly Online Check-In Form & Loom Video Reply
- Prescribed Calories/Macros
- Food Dairy Feedback/Recommendations
- Coaching App Communication & Access
- Coaching Resources
- Community Events

\$60/WEEK

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## TRAINING ONLY

- Weekly Online Check-In Form & Loom Video Reply
- Personalised Training Program (via Kahunas app)
- Video feedback on training technique
- Coaching App Communication & Access
- Coaching Resources
- Community Events

\$60/WEEK

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# COACHING COMMITMENT & CANCELLATION POLICY

All coaching services have a minimum four week commitment period. If after these four weeks you decide that coaching is not for you - then that is totally okay!

We simply require a two week notice period for cancellation of any coaching service.

If you intend to put your coaching on hold (eg. away on holiday/surgery) and do not intend to utilise any of the coaching (Coaching app / Coaching Communication), then we are happy to put your account on pause for that time period

(Please try to give us adequate notice if possible).

If during that time you decide that you no longer want to return to coaching, the two week notice period will still apply as per the agreement.

We do have a strict 24 hour cancellation policy on all PT sessions/check-in appointment spots that have been booked.

If you need to cancel within that 24 hour window, you will be charged the full amount for the appointment that was missed.

We will always strive to reschedule your session/appointment where possible.

Thank you for your understanding.



THANK YOU

We look forward to working with you!

