

Services & Pricing Guide

KB PERFORMANCE COACHING



KB
COACHING



Welcome!

At KB Coaching, we don't simply hand you a program and leave you to figure it out. We guide and support the entire process.

True progress is built through the combination of structured training, strategic nutrition, consistent habits, mindset development and ongoing accountability. Our coaching approach is designed to support sustainable, long-term results while helping you build a strong, confident and high-performing body.

Every coaching option includes a comprehensive level of support to ensure you have the guidance and structure needed to succeed.

All coaching options include:

- Personalised training programming tailored to your goals and lifestyle
- Individualised nutrition targets designed to support performance and body composition
- Access to our coaching app for tracking, logging and communication
- Ongoing support and communication with your coach
- Regular progress check-ins and feedback, both in person and online

The difference between our coaching packages comes down to the level of direct support and in-person contact that you would like throughout your journey.

Coaching Services

A helpful way to think about coaching is as a weekly subscription service that supports you across training, nutrition, accountability, and communication.

Depending on the package, your coaching may include:

- Personal training sessions
- Client onboarding and initial setup
- Program design, planning, and ongoing adjustments
- Access to and management of our coaching app
- Nutrition support, including meal plan setup, adjustments, and target setting
- Check-in reviews, Loom video feedback, coaching calls, and voice notes
- In-app communication and support throughout the week
- Ongoing education through ebooks and client resources

There is also a significant amount of unseen work that goes into delivering a high-quality coaching experience and ensuring you receive the best possible support.

Onboarding

The initial consultation fee (\$85) includes:

- Full onboarding into all of our systems
- Goal setting and periodisation planning
- Nutrition assessment and initial diet setup
- Body composition assessment
- Fitness screening
- Initial training program setup
- Access to our coaching app, Facebook community, and many other client resources



What Services do we offer?

1

1:1 PERSONAL TRAINING

- For those who want hands-on, in-person support

2

HYBRID COACHING

- A mix of in-person support and online coaching
- Perfect for those who want the flexibility of online coaching with regular face-to-face accountability

3

ONLINE COACHING

- Full online support, wherever you are located
- Designed for clients who want expert guidance, structure and accountability with full flexibility



Coaching Packages

1:1 PERSONAL TRAINING

ESSENTIAL	PERFORMANCE	ELITE
1 x PT session per week \$150 p/w	2 x PT sessions per week \$220 p/w	3 x PT sessions per week \$275 p/w

HYBRID COACHING

ESSENTIAL	PERFORMANCE	ELITE
1 x In-person check-in per fortnight \$85 p/w	1 x PT session & in-person check-in per month \$100 p/w	1 x PT session + in-person check-in per fortnight \$120 p/w

ONLINE COACHING

ESSENTIAL	PERFORMANCE	ELITE
Training only coaching & online check-ins \$60 p/w	Nutrition only coaching & online check-ins \$60 p/w	Training + Nutrition & online check-ins \$80 p/w

Included in coaching packages:

- Tailored programming aligned with your goals (where applicable)
- Calories & macro prescription; food diary feedback (where applicable)
- Detailed food diary and training feedback (where applicable)
- Supplement guidance (if needed)
- Private coaching app access with direct messaging
- Exclusive client community access
- Structured check-ins with personalised video feedback
- Ongoing accountability, refinement, and support

Comp Prep Coaching

Thinking of competing?

Any coaching package above can be upgraded to competition prep

This package includes:

- Peak Week Planning: Detailed strategy for maximizing your physique.
- Posing Guidance: Expert guidance to showcase your hard work on stage with recommendations for posing coaching.
- Show Day Support: Assistance and support on the day of your competition.

Contact us for personalised pricing and details for upgrading to comp prep.

We're excited to help you achieve your physique and performance goals.



Coaching Agreement



All coaching services have a minimum four week commitment period. If, after this time, you feel coaching is not the right fit for you, that is completely okay.

We simply require two weeks notice for cancellation of any coaching service. If you need to place your coaching on hold (for example, due to travel, surgery, or other circumstances) and do not plan to use any coaching services during that time — including the coaching app or communication — we are happy to pause your account for the agreed period.

Please provide as much notice as possible when requesting a pause. If you decide during this time that you no longer wish to return to coaching, the two-week notice period will still apply as per your agreement.

We also have a strict 24-hour cancellation policy for all booked PT sessions/check-in appointments. Cancellations made within 24 hours of the appointment time will incur the full session fee. Where possible, we will always do our best to help reschedule your session.

Thank you for your understanding and for respecting our time and policies.

Meet TeamKB



Meet TeamKB



FAQ's

Where are you located for in-person coaching?

We are located at World Gym Bibra Lake.

How are payments handled?

We use EziDebit for all of our payments.

Each client is set up on a direct debit, and there may be additional fees.

What if I need to cancel my coaching service?

We do require a two-week notice period so we can wrap things up properly on our end.

Please just give us as much notice as possible.

We're always open to a conversation if needed — communication is key.

What are check-ins?

Online and in-person check-ins are an important part of the coaching process and are required to ensure clients are progressing safely and effectively. During check-ins, clients are expected to submit their weekly data, including body weight, progress photos, measurements, training feedback, and nutrition adherence through the app. These check-ins allow us to review progress, provide feedback, make necessary adjustments to training or nutrition, and address any challenges. In-person check-ins may also include technique assessment, progress photos, and discussions around goals, recovery, and lifestyle habits to ensure continued progress.

What qualifications do we have?

Both coaches are fully certified Personal Trainers and Sports Nutritionists, and hold additional certifications in Pre and Postnatal training.

We are committed to delivering safe, evidence-based coaching tailored to each individual's goals, lifestyle, and stage of life.

Our qualifications allow us to confidently support clients through fat loss, muscle building, performance goals, and pregnancy or postpartum training with professionalism and care.

Let's Get Started!

If you're feeling ready to take the next step, we are so excited to support you. Simply let us know which coaching option feels like the best fit for you, and we'll guide you through the onboarding process.

From there, we will complete your initial consultation, set up your training and nutrition plan, and get you connected to all of our systems so you feel confident and clear moving forward.

We can't wait to help you build momentum and start working towards your goals together!



Kayla & Bre
KB Coaching



www.kbcoaching.info

