

Gemma Leanne

Complete Fitness & Nutrition Coaching



Online Coaching Pack

What does online coaching involve?

Online coaching starts off with a detailed consultation, either via Face Time or an email consultation form. This establishes your goals, exercise/injury history, current training regime/level, and your diet history.

This helps to ensure I give you the right type of training according to the time you have available, and equipment available to you. It helps to ensure the programme is appropriate to your level of experience.

You will also be required to complete a full 7-day food and drink diary prior to the commencement of the programme.

You will receive a bespoke training programme based on your goals, which will be changed every 4-6 weeks to ensure progression, and will be dependent on your response to the programme. The programme will be accessible via a free App, which will also house communication between us.

You will also receive an extensive nutritional guidelines pack, which will give you everything you need to know about setting up your nutrition with me. It has detailed instructions on how to track your food, how to create a meal plan based on your individual requirements, and a suggested essentials shopping list. You will be taught the basics of proper, balanced nutrition to enable you to make the best choices.

Rest assured, you will NOT have to cut out food groups, adhere to strange eating patterns, deprive your self of the foods you love, or starve yourself.

You will receive tailored nutrition according to your goals, along with further advice on the types of food you should be including and the supplements (if any) that are appropriate for you.



You are required to provide me with “check-ins” every week to keep track of your progress and make any necessary adjustments to your macros and programme.

Check-ins include: progress photos, bodyweight and measurements, all uploaded to the training App. You will also fill out a feedback sheet on how your training & nutrition is going that week, and how you are feeling on the programme.

Check-ins are a vital part of coaching, as it ensures that you are guaranteed to see the results you want, changes will happen as a result of the response to your nutrition and training programme. I will respond to your Check-in within 24hrs.

You also are free to whatsapp/email/phone me 24/7. No question is ever too simple, and I will always personally reply within 24 hours, you will have my full and ongoing support for the length of your coaching.

How much does it cost?

The cost of combined training & nutrition coaching is **£80** per month.

Should you just require either nutrition coaching or training coaching alone, then the cost of each of these are **£45** per month each.

Breaking it down, the complete package will cost you less than £18.50 per week to give you the most optimized nutrition for your goals, a bespoke training programme, and ongoing constant support to ensure you reach these goals.

Never again will you be lost with your training and nutrition, and you will know that every single part of your programme has been individually tailored to your goals.

This is therefore a very cost effective and affordable long-term option for you to achieve the best results.

I also offer one to one and group personal training sessions, my online clients receive a 10% discount on all personal training sessions.

The minimum sign up period is three months, with a one month cancellation policy.

The three month minimum contract is not for my sake, but yours. I want you to achieve the best possible result, and it often takes time for the body to adapt to this new way of training and eating. I want you to receive life changing, sustainable results, not a quick fix 'crash' plan that may (or may not) temporarily work, but potentially damage your metabolism, deflate your motivation, and leave you back at square one.

Many of my clients stay with me much longer than this as they understand it takes time to see real improvements, change their physique, create new habits, and change their mindset.

What does the programme look like?

You will receive your training programme via an app, which you can use on any Smartphone or tablet, which means both you and I will be able to access it.

Each session comes complete with a linked video demonstrating how to correctly execute the exercise. I am able to provide both home and gym based programmes.

You will fill in your training and nutrition log, and I will adjust your training from this.

What do I expect from you?

Honesty – If you are unhappy with anything, or you are having trouble adhering to the programme, then I need to know! This helps me to be able to effectively coach you. If you report back inaccurately, I could make changes to your programme that may not be necessary, because I do not know if it is working/not working for you.

Patience and trust – results take time and hard work. If you consistently do exactly as your programme outlines, the results WILL come.

Self - motivation – online coaching requires you to be somewhat disciplined. You need to be able to motivate yourself to stick to the plan and train hard, as I am not there in person to make you do so. I can guide you and offer you the best support possible, but ultimately it is down to you to put in the hard work.

I pride myself on the ability to push my clients to make amazing progress both physically and mentally, whilst maintaining a good balance in their lives and still achieving their desired results.

If you have any further questions, or would like to take the next steps to go ahead with online coaching, please do not hesitate to contact me at:

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