

# ONLINE COACHING PACK



YOU CAN TURN THINGS  
AROUND TOO!



Working towards achieving your goals rather  
than just talking about them

# WHAT TO EXPECT

**A full service:**

- Custom meal plan** ✓
- Weekly check ins and adjustments as required** ✓
- Training planining and advice** ✓
- Supplementation guidance** ✓
- 24/7 whatsapp support** ✓

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# **CUSTOM MEAL PLAN**

**A meal plan specifically  
designed for your:**

- Body**
- Lifestyle**
- Goals and aspirations**
- Food preferences and tastes**

**Designed to match your  
macronutrient needs.**

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# **CHECK IN PROTOCOL**



**On the agreed day, first thing in the morning in a fasted state after going to the toilet you will weigh yourself and take pictures from the front, side and back and send them to me.**

**You will also fill in an online check in form.**

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# **CHECK IN PROTOCOL**



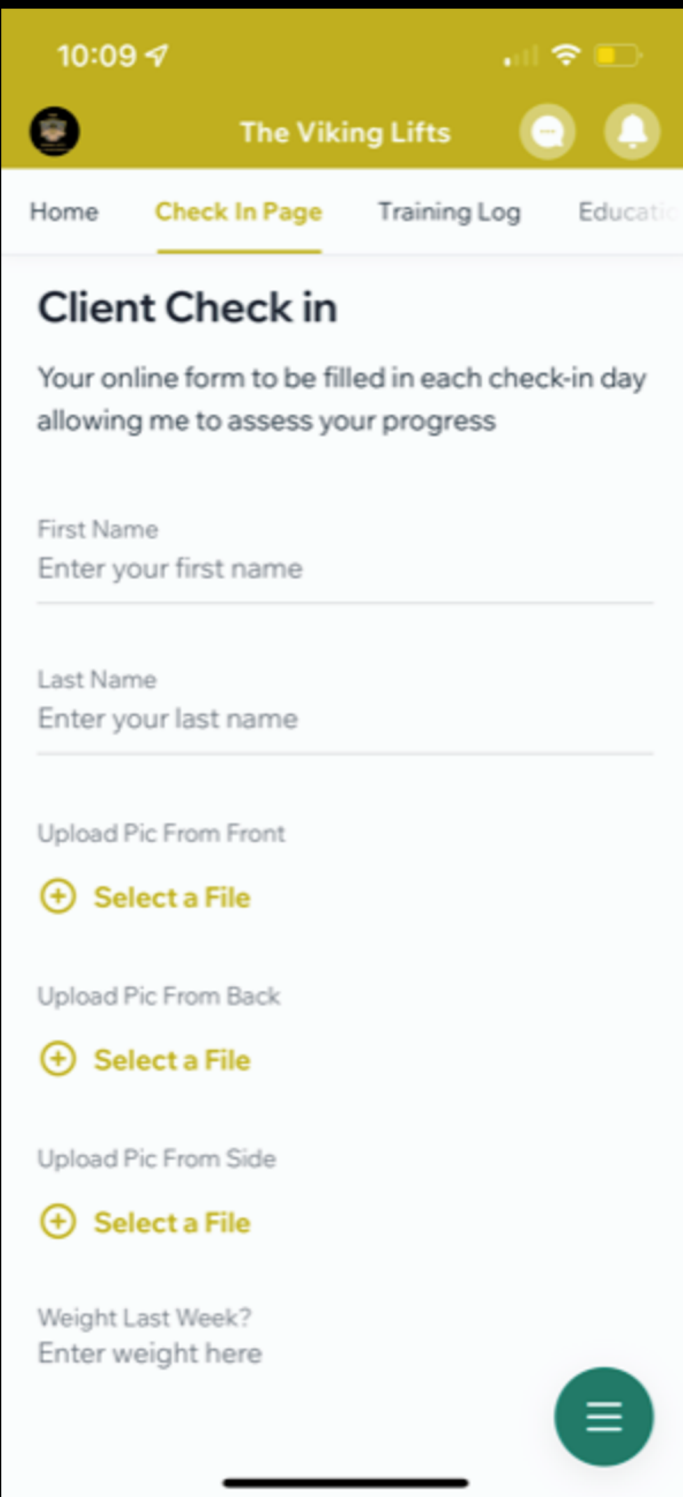
**Check in pictures should be taken in the same room and lighting every week to ensure consistency.**

**Male check ins are to be completed in boxers.**

**Female check ins to be completed in shorts showing upper legs and sports bra.**

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# ONLINE QUESTIONNAIRE



10:09

The Viking Lifts

Home **Check In Page** Training Log Education

## Client Check in

Your online form to be filled in each check-in day allowing me to assess your progress

First Name  
Enter your first name

Last Name  
Enter your last name

Upload Pic From Front  
+ Select a File

Upload Pic From Back  
+ Select a File

Upload Pic From Side  
+ Select a File

Weight Last Week?  
Enter weight here

☰

**In order to create your meal plan I will require you to complete an online questionnaire asking basic questions such as your age, height, weight, physical output and food preferences.**

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# TRAINING PLAN

## DAN TRAINING PLAN

Push 1

Pull 1

Legs 1

Rest

Push 2

Pull 2

Legs 2

Rest



A fully custom made training plan can be created to fit your lifestyle and needs to develop your body to its fullest.

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# SUPPLEMENTATION GUIDANCE



**What Supplements Do I Take and Why?**

**I can guide you on what supplements would be of benefit to you and what ones aren't essential at this point.**

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# **24/7 WHATSAPP SUPPORT**



**24/7 I am available for support via whataspp. If you have any questions at all I am there to answer and guide you through the process.**

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# COACHING TERMS



**To be fair to both myself and you a minimum 8 week coaching payment is required upfront.**

**This is a custom made plan specifically designed to your body, lifestyle and goals and takes a lot of work to create.**

**The 8 weeks allows enough time to see the results of working together but also doesn't place a long term commitment on yourself if the coaching isn't for you.**

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