

5 Steps To Achieving Your Health and Fitness Goals!

GUARANTEED RESULTS

Functional Performance Fitness
Fitness Coach



Step 1 | Define your goals

- Know what you want (goals)
- Why are your goals important to you? (motivation)
- How committed are you? (scale 1-10)



Step 2 | Your evaluation

- Health Screening
- Lifestyle assessment
- Measurements
- Functional Movement Screening
- Nutrition assessment



Step 3 | Design your program

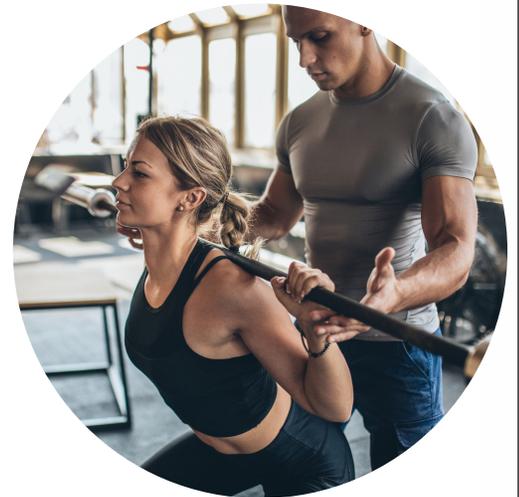
Your comprehensive program includes each of the 6 components required for success:

- 1 - Nutrition: the foundation of all health and fitness
- 2 - Supplementation: to fill in the voids in your nutritional program
- 3 - Resistance training: increase lean muscle mass and metabolism
- 4 - Cardiovascular exercise: optimize fat burning
- 5 - Flexibility: to prevent injury, promote recovery
- 6 - Coaching: knowledge, support, and accountability



Step 4 | Implement the program

- We teach you the components
- Take action for 21 days to build these new habits into your lifestyle
- We provide accountability by requiring you to keep a daily nutrition log and review it together each session
- Overcome obstacles together through teamwork!



Step 5 | Your 6-week assessment

Every 6 weeks we'll repeat your evaluation and update your program:

- What are your successes?
- What are your challenges?
- How can we continue to improve your program and results?



How long does a program last?

Depends on your goals, motivation, and level of commitment. Most clients begin training 3, or 2 sessions per week. We work together until you reach your initial goals, then transition to a maintenance program.

Our goal is to develop lifetime relationships with our clients.

If you need more help, we're always here for you!



Does it really work?

Of course it does!

We guarantee your results 100%!



Success!

Functional Performance Fitness client success stories



Dan McShane

A business owner, a CBSA officer, a student, and a dad who still makes time for his training. My goals were to feel and look better in my clothes and get rid of my "dad bod", and in the process, personal training has helped me achieve a lot more, including:

- Helped me manage stress while I was in school pursuing my startup business
- Helped keep me accountable for my nutrition and exercise
- I lost 20lbs of unwanted weight.
- I look and feel better in my clothes.



Success!

Functional Performance Fitness client success stories



Ashley Gladysz

A hairdresser, a volunteer firefighter and a mom who wanted accountability to help her achieve her health and fitness goals. My main goal was to have a trainer to keep me accountable, and I have achieved so much more than just accountability. Since I started personal training:

- I feel healthier
- I am stronger
- I am more confident
- I feel more focused and less stressed
- My nutrition has improved
- The accountability has helped me stay on track, and I feel great!



Private Training Price Chart



		Personal Training		
Commitment	Session/Week	Investment Per Session	3 Month Investment	Monthly Investment
12 Months [Fully Committed]	3x/week (144)	80.75	2907	1049.75
	2x/week (96)	80.75	1938	699.83
	1x/week (52)	80.75	969	349.92
6 Months [Committed]	3x/week (72)	85	3060	1105
	2x/week (48)	85	2040	736.67
	1x/week (24)	85	1020	368.33
3 Months [Sort Of Committed]	3x/week (36)	92.75	3339	401.92
	2x/week (24)	92.75	2226	803.83
	1x/week (12)	92.75	1113	401.92
Platinum Membership				
Bi-Weekly Payment (3 / 12 Months)	24			
3 Months Full Payment	212			
1 Year Full Payment	577			
HST Not included A gym membership is required for personal training services				



Partner Training Price Chart

	Partner Training			
Commitment	Session/Week	Investment Per Session	3 Month Investment	Monthly Investment
12 Months [Fully Committed]	3x/week (144)	65.75 131.50	2367 4734	854.75 1709.50
	2x/week (96)	65.75 131.50	1626 3252	569.83 1139.66
	1x/week (52)	65.75 131.50	854.75 1709.50	284.92 569.83
6 Months [Committed]	3x/week (72)	70 140	2520 5040	910 1820
	2x/week (48)	70 140	1680 3360	606.67 1213.33
	1x/week (24)	70 140	840 1680	303.33 606.67
3 Months [Sort Of Committed]	3x/week (36)	77.75 155	2790 5580	1007.50 2015
	2x/week (24)	77.75 155	660 1320	671.67 1343.33
	1x/week (12)	77.50 155	930 1860	335.84 671.67
Platinum Membership				
Bi-Weekly Payment (3 / 12 Months)	24			
3 Months Full Payment	212			
1 Year Full Payment	577			
HST Not included A gym membership is required for personal training services				

