

# OUTLINE

Thanks for reaching out and showing interest in my 90 day Program. I'd love to have you join me.

This program is the perfect insight to how, online 1-2-1 coaching really works. I can almost guarantee you will fall in love with online coaching within the first few weeks.

I want to work with females who have the commitment and dedication to follow a plan and get great results.

Have the confidence that your programming is going to be fully tailored to you goal specific.

We're going to work closely together over the next 90 days and help you completely transform how you look and feel for the rest of your life.

# WHAT DO YOU GET?

Here's what you're about to get access to...

> Personalised nutrition plans or knowledge on how to self-track your foods.

Depending on client preference, I will either design a tailor made nutrition plan with easy to follow meals, or alternatively I will teach you how to self track your foods so you have a the knowledge and ability to get into and maintain the best shape of your life without giving up the foods you love.

> A selection of challenging workouts that are designed specially for you so we can attack your goals, all of which are based on the equipment available for each individual client.

> On-demand support and inspiration from me when you need it the most.

> 90 days of expert accountability.

> A well-structured and easy to implement online coaching programme that I will teach you how to make smart diet and lifestyle choices for the rest of your life.

> A thriving community of like-minded women who are going through the same challenges as you.

I'm ready to work with you...



# HOW DOES IT WORK?

Here's how it will work...

We're going to be working closely together, so I'd like you to be sure you have some time in your day to dedicate to this over the next 90 days.

As soon as you join the program, we'll get crystal clear on your goals. We'll discuss things like how much body fat you want to lose, how strong you want to get and look at the possible challenges holding you back. I'll then build you a personalised nutrition protocol that fits you, not the other way around.

Once you've got your plan, it's simply a matter of trusting the process and doing the work.

We'll review your progress every week with an official check-in. We'll discuss what worked well, what didn't and how you can improve week on week so you are always making progress.

The total investment is just:

£487! 90 days

OR £200 pcm

Which works out at only £5.40 per day. The days of paying hundreds of pounds a week for overpriced personal training sessions are gone!

But for right now, I just need to know if you can join me.

I'd love the opportunity to work with you.

# READY TO GET STARTED?

Don't send me any money just yet. Instead just reply to this message and say "I'm IN"... and I'll send you the registration link.

Michelle





## FAQ'S

### What happens the minute I join?

As soon as you join, you'll get a welcome email and instructional videos on how to get started. You'll know exactly what to do and be ready to start in January!

### How much time will all this training take?

4/5 hours per week.

### What if I'm just starting out, will it be too much?

No. You'll be taught everything you need to know and have a professional coach holding your hand every step of the way.

### Is there a guarantee?

If you follow everything I tell you, and aren't happy with the results, let us know after 30-days and I'll refund you every single penny... Zero risk!

### What do I do after the 90 days are up?

You'll have the opportunity to join as a full-time member and take your results even further. After some hard eared pizza that is!



# "TEXT I'M IN"

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