



THE BODY SCULPTOR

NATHAN BARNES

PRE-PROGRAMME INFORMATION & CLIENT AGREEMENT

Welcome!

Welcome & thank you for choosing online coaching with The Body Sculptor. You've taken the first step in your journey to achieving your physique goal!

This document has been put together in order to inform you of exactly how online coaching with myself works. If after reading the document, there are still things you are unsure of about please don't hesitate to give me a shout!

The achievement of your goal is my **PRIORITY**

I feel it is important for me to start by telling you that the achievement of your goal & your results are of paramount importance to me, so, along with an explanation of how the process works, this document also serves to inform you of exactly what you can expect from me as your coach & also what is expected of you as the client!

Firstly, you will receive your initial tailored nutrition plan & recommended supplement regime along with your bespoke training program both of which will have been created specifically to suit your goal & to fit your lifestyle using the information you provided to me.



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Check-ins

You will aim to follow and adhere to the nutrition and training plans as closely as possible and to the best of your ability through the week. You must then “check-in” weekly with me by filling out and sending me the check-in list provided along with your progress pictures (taken from the front, side & rear).

It is important that you fill in the check-in document accurately and in as much detail as possible so that I’m able to ascertain whether or not I need to make amendments to your programs to ensure your continued progression towards your goal. It is vital to say at this point that if the plan isn’t adhered to to the best of your ability or is not followed on a number of separate occasions without good reason, you will be removed from the online coaching program without a refund. As I have already mentioned; your results are hugely important to me and if the same level of dedication to your results isn’t shown by you, then the coaching space will be filled by someone who is able to show full commitment!

It is also up to you to send your check-in on time on the agreed date. You will not be chased for your check-in and any check-ins missed will be taken from your pre-paid block. Again, on an occasion where multiple check-ins are missed you will be removed as a client and your fee will not be refunded.

Thank you for your understanding on this matter, I apologise for the harsh tone but I’m very aware that you are paying me to provide you with results. This is something I take very seriously. Your progress is a direct representation of my abilities as a coach and I strive to maintain a 100% record of client satisfaction and results.



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Contact me ANYTIME!

I am available for contact at any time throughout the week for any questions/issues at all that you may have. I will be happy to help you in any way that I possibly can and will always aim to reply and provide feedback as soon as possible. With this in mind, due to a busy 1-2-1 PT schedule these responses may sometimes be delayed. For this reason I have set a maximum response waiting time of 24hours, I ask if you could please wait for this duration for a reply before contacting me further enquiring after a response it would be very much appreciated.

I look forward to working together & helping you to achieve the physique goal that you've always wanted.

Nathan Barnes
The Body Sculptor

