

PWR

# ONLINE TRAINING PRICE LIST

#moveyourbody

ACHIEVE A BODY YOU LOVE & FEEL CONFIDENT IN



@pwrfit\_\_



PWRFIT



PWRFIT



PWRFIT

# WHAT CAN I DO FOR YOU:

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Firstly, I want to say good on you for taking the next step in making some healthier life decisions, deciding you want to do something is one thing, but actually reaching out for help to take action, that actually takes a bit of courage!

I am so happy you have asked me for some help to guide you in the right direction.

I have been helping people like yourself for nearly 7 years now become healthier, fitter, and stronger versions of themselves in one way or another and now I can not wait to do the same for you!



# ONE OFF PROGRAMMES

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## **Personalised Fat Loss Nutrition:**

\$300

With a personalised nutritional guidance I will ask you questions about what food you like, your current diet, and put together a meal guide to suit your lifestyle and in accordance to your goals.

Please allow up to 7 working days to receive your plan.

## **Personalised Exercise Programme:**

\$200

You will receive 5 different workouts and an additional stretch guide, created to suit your goals and your workout place of choice. I can create personalised workouts for at-home/park/gym, You name it and I will create it for you.

Please allow up to 7 working days to receive your plan.



# ONLINE COACHING

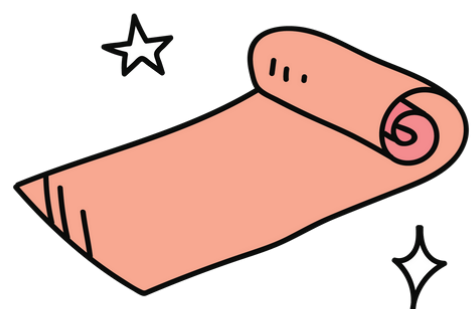
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Online coaching is SO CONVENIENT! You receive all the help and guidance as you would if you were seeing me in the studio, except you can do the workouts from the comfort of your own home and from anywhere in the world.

With online coaching, we have 2 (recommended) facetime workout sessions per week for accountability, a weekly check-in via email using Trello and google sheets to ensure you are doing the extra work and staying on track.

Online training sessions are 30 minutes and after each session, it is advised that you complete the stretch video you will be provided afterward.

Online sessions:  
\$45 per session or \$80 for 2 sessions.



# FAT LOSS AND MAINTENANCE NUTRITION

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Initial consultation:

(Via facetime or zoom or in studio if you're Auckland based)

FREE

The plan:

\$300

Nutrition follow up and coaching sessions:

(in the studio or on zoom)

Please allow 30 – 45 minutes for the session

## **HOW IT WORKS:**

1. Book your consultation
2. Have consultation
3. Wait 7 days for all plans to be sent and created
4. Book in for follow-ups every week for the first 5 weeks, thereafter is up to you if you need to be checking in to be held accountable , this is an additional cost

Total for package: \$620

# THE PWR 12 WEEK PROGRAMME

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The PWR FIT nutrition programme/12 week challenge has been designed by Renee Diment, to help you:

- Achieve your fat loss goals
- Maintain your fat loss
- Achieve a better relationship with food
- Find peace within yourself, your body image and your life
- Learn how important it is to understand calories
- Learn about macronutrients and why we need ALL of them
- Learn the scientific formula to calculate your maintenance calories
- Learn how to reverse diet and what a reverse diet is
- Create a “diet” balance, how to achieve your fat loss goals, maintain them but also still enjoying the foods that you love.
- Create a restriction free life with food

This programme is what has generated the best results for my clients so far and is highly recommended to get the most out of your nutrition coaching, learning and achieving your goals.



# THE PWR 12 WEEK PROGRAMME

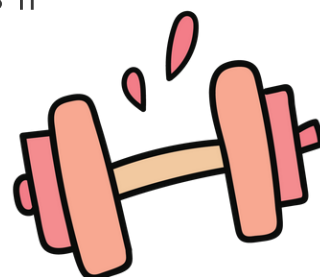
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In the PWR FIT 12 week nutrition challenge you will get :

FULL PACKAGE (12 weeks in total coaching)

- Calorie and macro breakdown for your specific requirements and goals
- Recipe guide with calorie & macro breakdowns
- Portion control guide
- Shopping list to make life easy
- Meal plan (for week 1, week 2-12 we will do this together to help with your learning)
- Meal planning resources
- One-on-one 30 minute weekly coaching sessions (which include measurement follow ups) online, via zoom or facetime or messenger
- Weekly tasks and “fit homework” to complete and hand in the day before your coaching session (this will help you with accountability)
- Meal diary
- Gratitude journal
- PWR t shirt
- Ebook workout guide for at home workouts as a bonus if you need some workout inspo



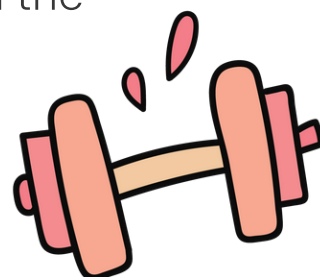
# THE PWR 12 WEEK PROGRAMME

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## GOING THE EXTRA MILE PACKAGE (18 weeks in total coaching)

- Calorie and macro breakdown for your specific requirements and goals
- Recipe guide with calorie & macro breakdowns
- Portion control guide
- Shopping list to make life easy
- Meal plan (for week 1)
- Meal planning resources
- One-on-one 30 minute weekly coaching sessions (which include measurement follow ups) online, via zoom or facetime or messenger
- Weekly tasks and “fit homework” to complete and hand in the day before your coaching session (this will help you with accountability)
- Meal diary
- Gratitude journal
- PWR t shirt
- Ebook workout guide for at home workouts as a bonus if you need some workout inspo
- Fitbit !!!!!
- Extra 6 weeks of coaching to help you one on one with the reverse dieting phase
- Reverse diet programme





# THE PWR 12 WEEK PROGRAMME

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I have been a personal trainer now for 8 years, with this I have learnt a lot. A lot about exercise, how to move the body functionally in the best ways but also that exercise is NOT the most efficient way to achieve your fat loss goals.

Exercise is for us to move our bodies, gain strength, help turn our bodies into a fat burning machine, but the old saying “you can't outrun a bad diet” well that's kind of true. The reason being is because 80-90% of your fat loss results come from nutrition, but again this can be misleading, because what even is “nutrition”. Is it “only eating clean”, is it “the keto diet”, is it “restrict carbs” or is it “no refined sugar”.

So many people have turned dieting into a complete mind f\*\*\*\*\*k, which causes disordered eating, bad relationships with food, binge eating, body dysmorphia and so many more long term effects that affect us physically, mentally and emotionally.

I've created this 12 week challenge, not so you can lose as much body fat as you can in 12 weeks but to learn and grow as a woman, so that you never have to struggle with food and diets again. Everything that you learn from this programme will help you forever, you will never need another bikini body shred programme again, because with my coaching and educating you, you will forever have the resources, tools and knowledge to lose body fat, sustain it, but also do it in a way that is healthy, balanced and mindful so you don't damage your mental health!



# THE PWR 12 WEEK PROGRAMME

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Once you decide to sign up to the programme, you will be sent an outline of what we will do each week (timeline). We will then organise a day/time for our weekly coaching sessions which ideally will need to be the same day/time each week so we have 7 days in between each session, this allows for more accuracy when we are measuring your weekly results, as well as consistency for you. Every week you'll be sent your "fit homework" to complete, this is to help with your accountability, but also your learning, so that once you have completed the programme you would have learnt what to do on your own (which means I am doing my job).

The idea of you doing this programme is so that you can finish it knowing exactly what you are doing, and so that you won't need to ever purchase another programme etc again, this is so you can effectively and confidently go out on your own without me and my homework tasks every week. That's when I know my job is done, the results you gain are just a bonus in my eyes!



# THE PWR 12 WEEK PROGRAMME

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Price point:

This is what everyone wants to know first and foremost, but in my opinion your health and wellbeing is an investment. I have spent \$1000's and \$1000's on my own health and coaching and education to learn everything I need to learn so I can then help you!

Full Package: \$3,500

**PWR FIT SPECIAL PRICE: \$1,500**

Extra Mile Package: \$5,500

**PWR FIT SPECIAL PRICE: \$2,200**

We have a special running for this first programme experience to help you save \$\$ ! This will be running for the next 2 weeks, so if you are keen to sign up and receive the special price, let me know by replying to this email so I can send you the registration form.

We have payment plans available over 10 weeks or 6 weeks, and if money is an issue, then let me give you a call so we can discuss other options for you!

I look forward to hearing from you!

Renee x



# PWR ONLINE STUDIOS

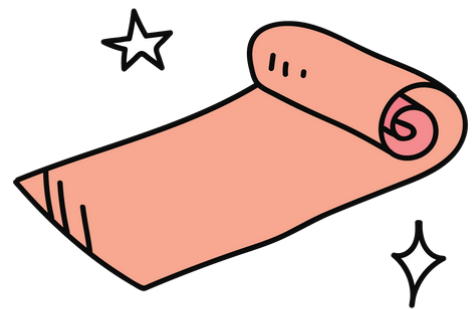
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## What you get:

- 3 new live time workouts per week to complete when it is convenient for you.
- Nutrition education to help with fat loss and being healthier
- Healthy recipes
- PWR Barre workout section
- Progress tracker and resources to help you with staying motivated and to track your progress.
- Plus so much more!

## Price:

\$11 per week



Sign up through my main website:

<https://www.ptwithrenee.com/pwr-studios>

# CANCELLATION POLICY

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Full payment is required for cancellation.

If you have given 24 hours notice prior to your session time, you will have 7 days to make up for that session.

If you have canceled on the day you will be charged in full and no make up session will be offered, however, you may organise a makeup session, but this will be an extra cost.

Sessions will not be charged for when you go away, however, please give notice so your time can be filled by someone else while you are away.

A session will always be made up for if I cancel on you.

Thank you for your understanding.

# GENOA PAY AVAILABLE FOR NZ

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10 Easy interest free payments !!

Please note an extra 2.5% will be added to your total price for the service you purchase for this option (ex. \$100 would be \$102.50)



**Pay over 10 weeks.  
No interest, no fees.**

See how much you can spend today  
at [genoapay.com](https://genoapay.com)



Check out their website to see how much you qualify for! You could qualify for up to \$1000

# LAYBUY AVAILABLE FOR NZ & AUS

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You can use laybuy on the website to purchase your packages. This means that instead of paying a large sum upfront you can simply use laybuy to pay it off fortnightly.

**Pay by**  **LAYBUY**

Check out their website to see how much you qualify for! All you need to do is set up an account.

[www.ptwithrenee.com](http://www.ptwithrenee.com)



# Client Transformations



Results 4 weeks in to the PWR Fit Programme for fitness as well as nutrition for fat loss.



Completed the 8 week course as well as nutrition for fat loss





# Client

# Transformations



Completed the 8 week course and continues to personal train 3 times per week



## FOR MORE INFORMATION:

Check out my website [www.ptwithrenee.com](http://www.ptwithrenee.com)



*"One of the greatest pleasures in life is realising that two weeks ago your body couldn't do what it just did."*