

Starter Coaching — €120/month

Structured training with light support for individuals who want guidance without constant coaching interaction.

What you get

- 1 Personalized training program
- 2 Program updates every 3–4 weeks
- 3 Weekly check-in (text or form)
- 4 Basic nutrition guidance
- 5 Messaging support (24–48h response)

What this means

- 1 Clear structure to follow
- 2 Less hands-on coaching
- 3 More independence required

Best for

- 1 Self-motivated individuals
- 2 People comfortable training alone
- 3 Those who mainly need direction