

# 2023 PRICE LIST

PERSONAL TRAINING PACKAGES



**£160**

1 SESSION  
PER WEEK

**A GREAT STARTER PLAN**

FREE 60 min consultation

Post consultation booklet

Personalised training programme

Dietary analysis report

4 sessions in total

£40 per session



**£280**

2 SESSIONS  
PER WEEK

**MY MOST POPULAR PLAN**

FREE 60 min consultation

Post consultation booklet

Personalised training programme

Nutrition support

Dietary analysis report

Body composition analysis

Email support within 1-2 working days

8 sessions in total

£35 per session



**£360**

3 SESSIONS  
PER WEEK

**MY ULTIMATE PACKAGE**

FREE 60 min consultation

1 x 30 min follow up consultation

Post consultation booklet

Personalised training programme

Nutrition support inc. calorie & macro targets

Dietary analysis report

Body composition analysis

Example meal plan (up-to 3 days)

Supplement advice

7 day recipe book

Email support within 1-2 working days

12 sessions in total

£30 per session

Emergency Service and NHS workers receive a 20% discount on each training package



STEVE DAWSON TRAINING

## WHICH PACKAGE IS MOST SUITABLE?

Each of my personal training packages have their own value and worth attached to them. Importantly though, all of my packages are delivered with integrity, professionalism and personalised to your own needs.



This training package is a great starter plan for someone testing the waters with personal training who wishes to only train once per week. It's a go-to package if you are simply looking for a personalised programme to follow in your own time. The inclusion of a dietary analysis report allows for more specific recommendations, as well as allowing for further adjustments to any nutritional advice given.

£160



This is my most popular training package. With two training sessions per week it is suitable for a proactive individual who has a clear set of goals in mind and is dedicated to achieving them. This package offers further elements on top of the Bronze package such as a Body Composition Analysis as well as ongoing email support to help you reach your goals.

£280



My ultimate training package consists of three training sessions per week. You will receive nutritional support including calorie and macro targets, example daily meals plans and my 7-day recipe book. Also included is an extra 30 min consultation to help you reach your goals as quickly and effectively as possible whilst ensuring that your lifestyle, personality and training preferences are fully taken into account.

£360



# ADDITIONAL SERVICES AND BOLT ONS

Numerous add on services are available which can be bolted on to whichever training package you decide to choose. Note that some bolt ons may already be included in your chosen package.



## **BODY COMPOSITION ANALYSIS**

This service is suitable for anyone who wants to track their body composition changes in a highly effective way. Where applicable I use an 8 site skinfold calliper assessment alongside girth measurements. This is then tracked overtime to produce reports on your individual results.

£40

£28 follow-up



## **DIETARY ANALYSIS REPORT**

Within this service I am able to assess energy expenditure and dietary intake of up to 258 nutrients to help identify potential deficiencies and optimal nutrition requirements based on variables including age, gender, activity and goals. This service doesn't include example meal plans.

£50

£35 follow-up



## **EXAMPLE MEAL PLAN**

Example meal plans can be provided to help you achieve your health and performance goals. The example meals plans work well alongside the dietary analysis report. The plans can help show the difference between your existing diet and a recommended diet which is great for motivation.

£20

Cost per daily plan





WWW.STEVEDAWSONTRAINING.CO.UK