

Start: Sunday, 01 Sept, 2024
Complete: Sunday, 27 Oct, 2024

MY 8 WEEK CHALLENGE IS UNRIVALLED

I am not a coach who boasts 'quick fixes' or just wants a photograph to share on my social media. While of course the life-changing transformations my ladies achieve are fab adverts for my coaching services, my passion is changing your mindset, disproving any & all 'diet culture' beliefs & leaving you a much happier, more confident & even more beautiful version of yourself at the end.

MONEY BACK GUARANTEE

I have had countless women tell me that they have tried popular diets, workouts & 'slimming clubs' and they have 'never worked'.

I know that I am making a bold claim here - promising to refund the whole cost of the program if we don't reach the results we agree in our Onboarding Call.

I think it is important to (literally) put my money where my mouth is. The key to achieving anything in life is consistency. For this reason, I have only one caveat to protect me & my business against time wasters:

YOU MUST KEEP YOUR COMPLIANCE SCORE ABOVE 85%

I promise that your daily calorie target, workouts & anything else that I program for you are realistic, sustainable, healthy & with you in mind. If you complete 85% of what I ask of you, we will be successful. I have guided many women, with jobs, families, the Mental Load that nobody can see and all the other responsibilities that we carry to their goals & beyond.

I put my whole heart into your health & happiness for the 8 Weeks we work together & I find that when people have invested their time & money into something, they meet me half way. I am so looking forward to supporting you in making real, sustainable changes to your lifestyle & in turn your body, confidence & self esteem.

Harriet Brennan

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ITINERY

APPLICATIONS & ONBOARDING

Closing date: Friday, 23 Aug, 2024

Private introduction call where we 'meet' & discuss your goals, hopes & fears. The more I learn about you, the better equipped I am to ensure your success. I will use your application form & this call to write your bespoke program.

01 SEPT - GROUP WELCOME CALL

On 1st Sept, you will be set up on my coaching app & ready to go! This group call will be a perfect soft introduction to your fellow challengers & an opportunity for me to answer questions & enthuse you all for an exciting 8 Weeks!

DAILY - ACCOUNTABILITY

You will complete all of the tasks we agree each day. Once you have updated your diary, I will check it & respond to your comments. Rest assured, I will be on your case if you have not completed your diary. You have a 'Compliance Score' which must remain above 85% to be eligible for the Money Back Guarantee!

EVERY SAT/SUN - 1:1 CHECK IN

During the onboarding process, we will schedule a recurring appointment each weekend for me to call you to discuss the week. This has proven to be the most impactful aspect of the challenge. During this 15-20min appointment, I provide a run down of your food, activity & compliance while you relay how you're feeling on the program. We will discuss your physical progress & after we celebrate, agree action points on how to keep the good times coming!

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EVERY FRIDAY – STEADY CIRCUIT

The 'in person' aspect of the challenge is optional but included FOC for the group. This is the perfect start for anybody who would like to attend group classes. You will receive a 'Member Booking Link' to book your space on this class - we have a huge range of abilities & work rates here, it is very inclusive.

CHALLENGER'S GROUP SESSIONS

03.09.24, 21.09.24 & 08.10.24
(Optional but encouraged)

These small group sessions are incredible for practicing form, boosting confidence & asking questions about any movement or aspect of the gym/home workouts you need guidance on. I run through common movements, setting up kit & making workouts fun! These sessions really bond the group, making the experience so much more wholesome.

EVERY SATURDAY – E-BOOK DROP

A huge part of the change I guarantee you will benefit from comes from education. Each week, I upload a short & interesting E-Book for you. I want you to feel beautiful & powerful forever, not just your 8 Weeks with me. These modules will equip you with everything you need to know to manage your own plan forever more.

Harriet Brennan