



***THE 247 METHOD***

# **WELCOME GUIDE**



*THE 247 METHOD*

**BUILD YOUR BODY  
MASTER YOUR HABITS  
UPGRADE YOUR LIFE**

# PROGRESS. EVERY DAY. FOR LIFE.

Most people don't fail because they lack potential.

They fail because they lack consistency.  
They start on Monday.

They stop on Friday.

They set goals.

They lose focus.

They know what they should do.

But they struggle to do it consistently.

The truth is that lasting success isn't built through extreme diets, quick fixes, or short bursts of motivation.

It's built through small actions repeated day after day.

That's where The 247 Method was born.



**THE 247 METHOD**

# WHAT IS THE 247 METHOD?

The 247 Method is more than a fitness programme.

It's a complete personal development system designed to help you become the strongest, healthiest, most confident and most disciplined version of yourself.

We believe that real transformation happens when you focus on all areas of your life, not just the number on the scales.

That's why The 247 Method is built around 8 core pillars:

**Fitness**  
**Nutrition**  
**Recovery**  
**Sleep**  
**Mindset**  
**Productivity**  
**Accountability**  
**Lifestyle**

Together, these pillars create a foundation for long-term success.

# WHO IS THE 247 METHOD FOR?

The 247 Method is for people who are tired of starting over.

It's for people who:

- ✓ Want to lose weight and keep it off
- ✓ Want to build muscle and improve their fitness
- ✓ Want more energy throughout the day
  - ✓ Want better habits and routines
- ✓ Want greater confidence and self-belief
  - ✓ Want more structure and discipline
  - ✓ Want accountability and support
  - ✓ Want to become better every day

Whether you're a complete beginner or someone looking to take their progress to the next level, The 247 Method provides the tools, guidance and support to help you move forward.

# OUR PHILOSOPHY

**We don't believe in perfection.**

**We don't believe in extremes.**

**We don't believe in overnight success.**

**We believe in becoming 1% better every day.**

**Because small improvements, repeated consistently over time, create extraordinary results.**

**One better workout.**

**One healthier meal.**

**One earlier night.**

**One more positive decision.**

**One step closer to the person you want to become.**

**That's The 247 Method.**

# THE 8 PILLARS



**THE 247 METHOD**

# 1. FITNESS

Your body is the vehicle that carries you through life.

We help members:

- ✓ Lose body fat
- ✓ Build muscle
- ✓ Increase strength
- ✓ Improve fitness
- ✓ Improve endurance
- ✓ Train with confidence
- ✓ Build consistency
- ✓ Create a sustainable exercise routine

Whether your goal is weight loss, muscle gain, improved fitness or simply feeling healthier, fitness is a key part of long-term wellbeing.

# 2.NUTRITION

You cannot out-train a poor diet.  
Nutrition plays a vital role in:

- ✓ Energy levels
- ✓ Recovery
- ✓ Performance
- ✓ Weight management
- ✓ Overall health

We help members develop a healthy relationship with food through education, awareness and sustainable habits.

No crash diets.

No extreme restrictions.

No unrealistic meal plans.

Just practical nutrition that works in the real world.

# 3. RECOVERY

Progress doesn't happen during training.  
Progress happens when your body recovers.  
Recovery is often the missing piece for many  
people.

We educate members on:

- ✓ Mobility
- ✓ Stretching
- ✓ Recovery strategies
- ✓ Active recovery
- ✓ Stress management
- ✓ Rest days
- ✓ Long-term health

Learning how to recover properly allows you to perform better, feel better and stay consistent.

# 4.SLEEP

Sleep is one of the most powerful tools available for improving health and performance.

Better sleep can improve:

- ✓ Recovery
- ✓ Energy
- ✓ Focus
- ✓ Mood
- ✓ Fat loss
- ✓ Muscle growth
- ✓ Overall wellbeing

We help members improve their sleep habits and build routines that support better recovery and long-term success.

# 5. MINDSET

Every transformation starts in the mind.  
Your thoughts influence your actions.  
Your actions influence your results.

We help members build:

- ✓ Confidence
- ✓ Self-belief
- ✓ Mental resilience
- ✓ Discipline
- ✓ Consistency
- ✓ Positive habits

Success is rarely about motivation.  
It's about learning how to keep moving forward  
even when motivation disappears.

# 6.PRODUCTIVITY

A healthier life often starts with a more organised life.

We help members improve:

- ✓ Daily routines
- ✓ Time management
  - ✓ Focus
  - ✓ Goal setting
  - ✓ Consistency
- ✓ Personal development

By becoming more productive, you create more time and energy for the things that matter most.

# 7.ACCOUNTABILITY

One of the biggest reasons people fail is because nobody is holding them accountable.

The 247 Method provides:

- ✓ Support
- ✓ Encouragement
- ✓ Structure
- ✓ Progress tracking
- ✓ Community accountability

Success becomes much easier when you're surrounded by people moving in the same direction.

# 8.LIFESTYLE

The goal isn't just to get fitter.  
The goal is to create a lifestyle that supports  
long-term happiness, health and success.

We help members build:

- ✓ Better habits
- ✓ Better routines
- ✓ More confidence
- ✓ More energy
- ✓ Greater balance
- ✓ A healthier lifestyle

Because true transformation goes far beyond  
the gym.

# HOW WE CAN HELP

## **Fat Loss**

Sustainable weight loss  
Body fat reduction  
Healthy eating habits  
Increased activity levels  
Long-term results

## **Muscle Building**

Building lean muscle  
Strength development  
Training guidance  
Recovery support  
Performance improvement

# HOW WE CAN HELP

## **Fitness & Performance**

Improved fitness levels  
Better endurance  
Increased strength  
Better conditioning  
Enhanced performance

## **Confidence**

Increased self-belief  
Improved self-image  
Building positive habits  
Personal growth  
Greater resilience

# HOW WE CAN HELP

## **Discipline & Consistency**

Habit building  
Routine creation  
Accountability  
Daily structure  
Long-term consistency

## **Productivity & Focus**

Time management  
Goal setting  
Improved focus  
Better routines  
Increased productivity

# HOW WE CAN HELP

## **Energy Levels**

Better nutrition  
Improved recovery  
Increased daily energy  
Reduced fatigue  
Improved wellbeing

## **Sleep & Recovery**

Better sleep habits  
Recovery education  
Stress management  
Recovery strategies  
Improved performance

# HOW WE CAN HELP

## Healthy Habits

Daily routines  
Positive lifestyle changes  
Sustainable behaviours  
Personal development  
Long-term success

## Accountability

Community support  
Progress tracking  
Motivation  
Consistency  
Staying on track

## Lifestyle Improvement

Better work-life balance  
Improved wellbeing  
Healthier routines  
Increased confidence  
Personal growth

# **THE GOAL**

**To help you become stronger,  
healthier, more confident, more  
disciplined and more fulfilled through  
consistent daily action.**

# MEMBERSHIP TIERS

# THE 247 CLUB

**£19.99 Per Month**

The foundation of The 247 Method.  
Perfect for those looking to improve their habits, fitness, mindset and lifestyle whilst being part of a supportive community.

## **What's Included?**

- ✓ Private WhatsApp Community
  - ✓ Monthly Challenges
  - ✓ Habit Tracker Library
  - ✓ Goal Setting Templates
- ✓ Nutrition Examples & Resources
  - ✓ Workout Examples
  - ✓ Member-Only Content
  - ✓ Monthly Resource Drop
- ✓ Access to The 8 Pillars Hub

## **Best For:**

Beginners

Those wanting accountability

Those wanting community support

Those looking to build better habits

Those wanting access to resources and education

# THE 247 METHOD

£49.99 Per Month

Everything included in The 247 Club, plus additional structure, education and training support.

## What's Included?

- ✓ Everything in The 247 Club
  - ✓ Fitness App Access
- ✓ Structured Training Programmes
  - ✓ Nutrition Guides
- ✓ The 247 Method Education Hub
  - ✓ Premium Video Content
- ✓ Progress Tracking Resources
- ✓ Exclusive Articles & Resources

## Best For:

Those wanting more structure

Those wanting guided training

Those wanting access to the fitness app

Those wanting deeper education and support

Those committed to long-term progress

# THE 247 COACHING

**£99 Per Month**

Our highest level of support.

Everything included in The 247 Method, plus personalised coaching designed specifically around your goals, lifestyle and experience level.

## What's Included?

- ✓ Everything in The 247 Method
- ✓ Personalised Training Programme
- ✓ Personalised Calorie & Macro Targets
  - ✓ Monthly Check-In
  - ✓ Progress Reviews
- ✓ Direct Messaging Support
  - ✓ Accountability Support
  - ✓ Form Review & Guidance

## Best For:

- Fat loss goals
- Muscle building goals
- Performance goals
- Busy professionals
- Those wanting accountability
- Those wanting personalised support
- Those serious about achieving results

# **WHICH MEMBERSHIP IS RIGHT FOR YOU?**

**The 247 Club (£19.99)  
Community & Accountability**

**The 247 Method (£49.99)  
Community, App Access & Structured  
Programmes**

**The 247 Coaching (£99)  
Personalised Coaching & Support**

# THANK YOU

**Thank you for taking the time to learn more about  
The 247 Method.**

**We believe that real change comes from small daily  
actions, consistent effort, and a commitment to  
becoming better every day.**

**Whether your goal is to improve your fitness, build  
healthier habits, increase your confidence, or  
create a better lifestyle, we're here to support you  
on your journey.**

**We hope you'll choose to join our growing  
community and become part of a movement  
focused on progress, accountability, and personal  
growth.**

**Thank you for your support.**



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