



## Results Guarantee

We know you aren't here just to buy a gym membership.

You've probably been there and done that in the past, countless times already.

You're here because you want high quality training, nutrition programmes, support, guidance, encouragement and community.

**And most of all, you want to follow a plan that achieves results!**

This is why we back our programmes with a 100% money-back guarantee.

After discussing your long-term goals with your coach and agreeing to a realistic and achievable goal, we'll commit 100% to getting you there within your agreed timeframe.

If you don't, we'll return 100% of your investment in our transformation programme.

Below, you'll find our commitment to you, along with your commitment to yourself.

We'd also like to help you set some realistic goals also.

All we ask is that you stick to your programme and we'll help get you there.

My 6-week goals:

My 20-week goals:

My 12-month goals:



Our commitment to you:

We'll provide you with a <b>targeted training programme</b> to follow within the gym.	
We'll provide you with a <b>targeted nutrition programme</b> to follow, based on your goals and your body.	
Our coaches will deliver <b>high-level Workshops</b> on the gym floor to assist your development.	
You'll receive access to our <b>Live Virtual PT sessions</b> to follow along whenever you can't make it to the gym.	
We'll send you a selection of <b>recorded workouts</b> to follow along from home on a monthly basis.	
Our Transformation Coaches will <b>check-in with you</b> weekly throughout your first 6 weeks and on a monthly basis thereafter.	

Your commitment to yourself:

<b>Follow your training programme at least 3 x per week</b> , consistently, 80% of the time while making up any missing days with attendance to our Live Virtual sessions or pre-recorded workouts. Tracked on our training app.	
Consistently <b>plan and log your meals</b> to match your calorie targets, at least 5 days per week and send this log to your coach when prompted.	
<b>Attend at least 6 workshops</b> within your first 6 weeks with our coaches (these will rapidly help progress your technique!) and at least 1 per month thereafter.	
<b>Actively engage with your educational programme</b> and implement the strategies recommended by our coaches.	
<b>Document all week to week changes</b> to your body shape, weight, sleep & energy levels using our training app and accompanying resources.	
Provide regular feedback and <b>reach out to your coach</b> if you need any further help or support along the way.	

Statement of intent:

I agree to the above, and to give this programme everything I should.

If I follow these steps and still don't achieve my goals then I'm due a full refund for this programme.

Signed (MyPT)

Signed (you)

Date :

Date: