



**BRONZE  
LEVEL COACHING**



**SILVER  
LEVEL COACHING**



**GOLD  
LEVEL COACHING**

	BRONZE LEVEL COACHING	SILVER LEVEL COACHING	GOLD LEVEL COACHING
PRICES	500CHF/MONTH	1500CHF/MONTH	2000CHF/MONTH
FREE INITIAL CONSULTATION	✓	✓	✓
CUSTOM TRAINING PLAN DESIGN	✓	✓	✓
ONLINE TRAINING	1X / MONTH	2X / MONTH	UNLIMITED
OUTDOOR TRAINING (WALKING, GOLF, OR OTHER)			UNLIMITED
DAILY SMS CHECK	✓	✓	✓
DISCUSSIONS	✓	✓	✓
WEEKLY AND MONTHLY ANALYSIS	✓	✓	✓
DAILY COACH ACCESS BY WHATSAPP		✓	✓
SPORT PSYCHOLOGY / MENTAL TRAINING			✓
MONTHLY HRV-ANALYSIS			✓
360 PLUS FB			✓
FAMILY CONSTELLATION			✓
HOLISTIC HEALTH ANALYSIS			✓