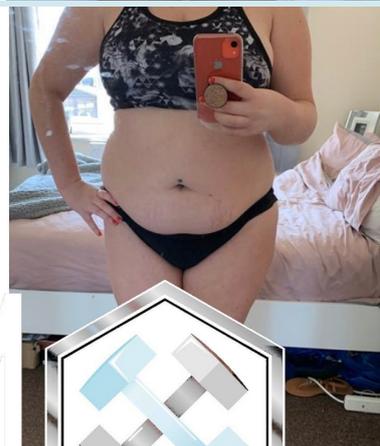
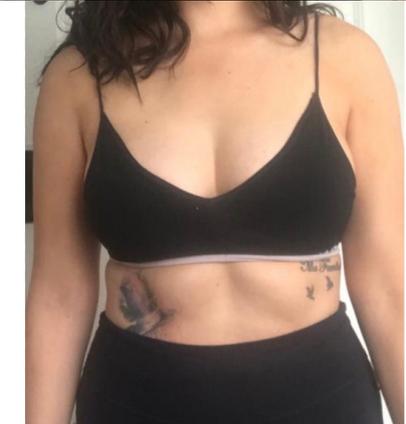
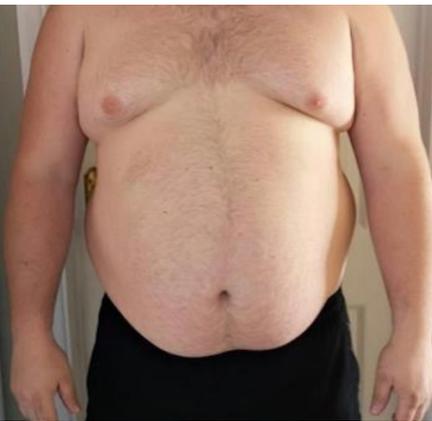
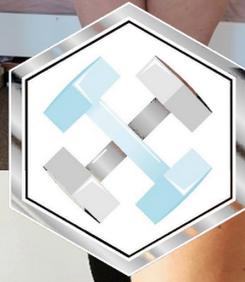


# NEXT STEPS



**KCM**  
FITNESS



*Katie Clement McCreech*

# 02

## CONGRATS

First of all, congratulations on booking in your consultation call. This is the first step in your journey to a happier and healthier lifestyle. This is a BIG deal right now!!

## NEXT STEPS

- 1** Book out 20-30 mins in your diary (depending how chatty you are) to make sure you don't forget.
- 2** Make sure you prep a quiet area with a pen and paper ready for the call, just incase you want to make any notes.
- 3** if you split bills with a partner and they are involved in the decision making process, try to have them join in the call too so they understand the value of the service so you're able to make a decision on the call.
- 4** Have a think about any questions you may have and write them down just in case you forget.

## 03

## CLIENT TESTIMONIAL

### Hannah's Story:

**"I've lost 6kg and 20cm off my waist!!"**

"Before working with Katie I was a size 16-18, constantly wearing loose, baggy clothes as most of my clothes didn't fit or I was wearing spanx daily to hide my weight gain. I was struggling with my weight, unable to eat the right things and constantly living off crap. I **had no self-esteem** and constantly felt bad about myself. I didn't look in the mirror.

I had hesitations before joining as I didn't like going to the gym and felt like everyone was watching me. I didn't want to be told exactly what to eat as I enjoy my food.

I've been with Katie a few months and **I've lost 6kg and 20cm off my waist, 8cm off my chest and 10cm off my hips**. I'm wearing clothes I haven't been able to fit in for over 3 years and have the **confidence to wear crop tops**, which I haven't done in over 5 years!

My **knowledge around food has improved** so much, I make much better choices and I'm able to still eat out, make better choices and still see results.

**I've broke my bad eating habits!**

If you're considering coaching with Katie, do it. **She'll be your best friend** and your biggest support but she also **doesn't take any shit**, which is what you need. She'll tell you when you aren't giving your all.

She's the best coach ever, **I never want to leave!**"

# 04

## WHAT WE WILL COVER

### **A little more about you..**

We'll talk through your training/diet history and what has and hasn't worked for you in the past. The more honest and open you can be, the better I can understand your specific needs.

### **Your goals..**

I need to know where you want to be, what you want to achieve and what time frame you want to achieve them in so I can make a plan that is specific to that.

### **My coaching..**

I'll share my screen and show you my coaching app while talking you through how everything works. I'll also show you my NEW members area on my website that's filled with resources to help you on your journey.

### **Pricing..**

I have two price options so I'll explain both in detail and show you how a new client is set up through my website.

## 05

## CLIENT TESTIMONIAL

### Ceri's experience so far..

"Before working with Katie I was lost and didn't have any motivation to do anything other than laze around due to injury. I finally plucked up the courage and got in touch with Katie and it is the best decision I've ever made! I'm **happier, healthier** and so much **more confident** with myself ands the way I look.

We set routines, upped water intake and set workouts that would aid my rehab for my knee. Katie is super supportive and gives you that kick of motivation when you're lacking it. Just 3 months in, I've **lost over 10kg**, have a much stronger knee and a healthier mind and body! I've done all this while **still enjoying alcohol and meals out** with friends and family.

It's all about **balance** and **consistency**, something that I'm continuing to learn throughout this journey. Working with Katie isn't a quick fix; it's a lifelong investment and a **lifestyle change!** One thing that I'll never look back on, all thanks to Katie!"



## 06

## FAQ'S

**If I sign up today, when do I start?**

Plans start from the nearest Monday, provided there are several days before that Monday. There are a few videos and forms I need you to complete in the 'get started' area before we start so I like to give my clients time to go through everything thoroughly before we start.

**I have no experience in the gym, is this right for me?**

Yes, that's exactly what I'm here for! I will give you your plan so all you do is execute it. All your exercises come with video demonstrations and I tell all clients to send me regular videos of them training so I can review their form. If you're not quite ready to step foot in a gym, we can start off with some home training and work on building your confidence first.

**I already train regularly, is it worth me signing up?**

Even as a coach, I have my own coach- all the best athletes in the world have coaches! Having accountability to someone else is priceless and what's better than leaving all the decision making to someone else so all you have to worry about is doing what you're told?

**What happens if I have a busy schedule?**

That doesn't matter, your plan is completely personal to you; you will train however many times per week you can commit to and we can adjust other areas of your coaching to adapt for it. Everything we do together is personal to YOU.

# 07

## FAQ'S

### **I've never tracked calories before, will I be ok?**

Of course. I'll explain the basics on our zoom and if you choose to sign up there are several walk through videos and information packs to help explain everything to you.

### **Is there a contract?**

Initially, I ask for a minimum commitment of 12 weeks in order for me to establish what works best for you and how your body responds to things such as your cycle. After the 12 weeks, it's just a 4-week rolling contract where you let me know at the end of each month if you want to continue.

### **How do payments work?**

The initial payment is made via bank transfer when you decide to join. From month 2 onwards, I ask you to set up a standing order every fourth Friday so payment is made for the following month on the last Friday of your existing plan. Once 12 weeks have passed, if you decide you no longer want coaching you simply cancel the standing order and message me to let me know. You have full control.

## 08

## CLIENT TESTIMONIAL

### Sandra's Story:

**"In 6 weeks I've lost 1.5 stone!!"**

"Before working with Katie I felt like I wasn't getting where I wanted. I tried to diet and lose weight but the most I lost was a stone and that took a long time. I was **making excuses** for why I couldn't lose the weight and always blamed it on work.

Before joining I wasn't sure I could justify the cost but since joining it has **definitely been worth it!**

This is the longest I have ever stuck to anything. So far, I have **lost 1.5 stone in just 6 weeks**. More than what I've ever lost on my own. I've also realised since joining that it's so much more than just the scales, my **body is changing so much** already. I can see my body getting smaller. My biggest breakthrough is definitely my relationship with food. **I now see foods as more or less nutritious** and make better choices for me.

If you are considering working with KCM make sure you are in the right mindset to start. I knew for me it was a case of now or never but you have to be ready to give Katie 100% because **she does so much for you!**"

Hopefully this document has put you at ease, I promise I'm easy to talk to! If you have any questions in the mean time, feel free to message. I cant wait to chat with you and hopefully get you in the team!