

# BUSINESS PROPOSAL ENTRENADOR PERSONAL

## BUSINESS PROPOSAL

ENTRENAMIENTO  
PERSONAL

Prepared for:

[Nombre del Cliente]

By:

[Tu Nombre - Entrenador Personal]

[Date]

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## SERVICES AND PRICING

Ofrecemos diferentes planes adaptados a tus objetivos y disponibilidad:

PLAN BASICO - 150 EUR/mes

2 sessions/week

- 2 in-person sessions de 60 min
- Weekly workout plan
- Progress Tracking por WhatsApp

PLAN PREMIUM - 220 EUR/mes

3 sessions/week

- 3 in-person sessions de 60 min
- Customized nutrition plan
- Progress Tracking diario por app
- Biweekly progress review

PLAN VIP - 350 EUR/mes

5 sessions/week

- 5 in-person sessions de 60 min
- Customized nutrition with meal plans
- Progress Tracking 24/7
- Valueacion fisica mensual completa
- Priority booking access

\* Reference prices. VAT not included. Check contracting conditions.

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## METHODOLOGY AND NEXT STEP

### OUR METHODOLOGY

1. Valueacion inicial completa (fisica, postural, objetivos)
2. Customized plan design based on scientific evidence
3. One-on-one sessions adapted to your level and progression
4. Progress Tracking continuo y ajuste de variables de training
5. Progress evaluation every 4 weeks with objective measurements

### INCLUDED IN ALL PLANS

- Valueacion fisica inicial gratuita
- Customized workout plan
- Access to the tracking app
- Direct communication with your coach
- Monthly plan review and adjustment

### NEXT STEP

Book your FREE, no-obligation initial assessment.

[Tu telefono] | [Tu email] | [Tu web]

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