

# fitWithNat

## Service Menu



### *Starter Plan*

Custom 4-week training plan  
Weekly email check-ins  
Basic nutrition guidance  
WhatsApp support (Mon-Fri) £60/Month

### *Standard Plan*

All of Starter Plan  
Fortnightly plan updates  
WhatsApp & voice note support  
Monthly video check-in £90/Month

### *Premium Plan*

All of Standard Plan  
Weekly plan reviews & tweaks  
2x video calls/month (Zoom)  
Form reviews & progress tracking  
£140/Month