

THE SYSTEM SETUP

30 Days to Actually Run It

@natty_butnot

You've downloaded one of my free systems before. Good information but because it's generic. It's not built around your body, your schedule, or your starting point. You need a specific eating and training plan built for you. And once you've got it, you'll still have questions along the way, making sure you're running it right. This is the only way you will be confident enough it will work for you.

That's the real gap. Not the information. Having a plan that's actually yours, and knowing you're running it correctly.

The System Setup is 30 days of me making sure it holds.

What's Included

- Fully customised training program, built around your schedule, injuries, and starting point
- Fully customised nutrition plan, built around how you actually eat
- One on one onboarding call to get it running properly from day one
- Direct line to me the whole 30 days
- Weekly check in so nothing quietly falls off track

How It Runs

- Week 1: Intake, onboarding call, plan installed and running within 48-72 hours
- Week 2: Real life hits the plan. Check in, adjustments made before anything's a reason to quit
- Week 3: Support needs usually drop here, a sign the plan's becoming yours. Second check in
- Week 4: Final review call, results and progress reviewed, clear plan set for what's next

What Happens After Day 30

You leave with one of two things. Either you're running solid on your own with the plan, or we go again for the next phase. Either way, you're not left guessing. This gets decided together on the final call, not left open ended.

The Guarantee

If you show up, do the work, and stay in touch with me through it, and you don't feel it working by day 30, I'll keep going with you for two more weeks. Free.

No Contract, No Forever

One month. No auto renewal, no lock in.

Investment

\$697 USD, one time, for the 30 days. For comparison, ongoing 1:1 coaching with me runs \$650 USD a week. This is a focused, bounded month, not an ongoing relationship, priced accordingly.

DM me: Setup, and I'll send the intake.

Genetics sets the floor, not the ceiling.