

## EVOLVE ONLINE FITNESS COACHING

### PRICING PLAN 2021

|                                                                                                     | BASIC              | PREMIUM     | PROFESSIONAL* | ADVANCED*          | ULTIMATE*          | LIVE TRAINING         |
|-----------------------------------------------------------------------------------------------------|--------------------|-------------|---------------|--------------------|--------------------|-----------------------|
|                                                                                                     | Rp1.000.000        | Rp2.200.000 | Rp3.000.000   | Rp5.500.000        | Rp10.000.000       | Rp150.000             |
|                                                                                                     | (4 minggu/1 bulan) | (3 bulan)   | (3 bulan)     | (6 bulan)          | (1 tahun/12 bulan) | (1 sesi: 60 menit)    |
|                                                                                                     |                    |             |               | (Pref. Gym Access) | (Pref. Gym Access) | (WhatsApp Video Call) |
| Video Edukasi   Konsep dan Fundamental Ilmu Diet (Nutrition), Fitness, Mindset dan Latihan          | YES                | YES         | YES           | YES                | YES                |                       |
| Sesi Konsultasi (Video Call)   Assessment Client, Sesi Tanya Jawab   60-120 Menit                   | YES                | YES         | YES           | YES                | YES                |                       |
| Program Diet Customized   Disesuaikan Kebutuhan Nutrisi dan Goal (tujuan) Setiap Client             | YES                | YES         | YES           | YES                | YES                |                       |
| Program Latihan Customized   Disesuaikan Rutinitas, Kemampuan, Pengalaman dan Riwayat Cedera Client | YES                | YES         | YES           | YES                | YES                |                       |
| Sesi Evaluasi Per 30 Hari (1 Bulan)                                                                 | YES                |             |               |                    |                    |                       |
| Sesi Evaluasi Per 14 Hari (2 Minggu)                                                                |                    | YES         | YES           |                    |                    |                       |
| Sesi Evaluasi Per 7 Hari (1 Minggu)                                                                 |                    |             |               | YES                | YES                |                       |
| Sesi Evaluasi (Video Call) Per 4 minggu (1 Bulan)                                                   |                    |             | YES           | YES                | YES                |                       |
| Akses ke Aplikasi untuk Tracking Progress (Body Stats, Program Latihan dan Program Diet)            | YES                | YES         | YES           | YES                | YES                |                       |
| Workout Review (Analisa Form dan Teknik Latihan)                                                    |                    |             | YES           | YES                | YES                |                       |
| Live Training (Sesi Latihan Melalui Video Call)                                                     |                    |             |               | (FREE 5 SESI)      | (FREE 10 SESI)     | YES                   |
| 24/7 Unlimited Chat Consultation Selama Program                                                     | YES                | YES         | YES           | YES                | YES                | YES                   |

\*Free gift included