



# D5 EXECUTIVE GYM

## CLIENT JOURNEY

Our D5 process is broken down into 3 steps, which are explained below:

### **STEP 1: Discovery Process (30min free consultation)**

We begin by gathering all the relevant information. This generally includes identifying your goals & objectives; depending on the main goal whether it be :

- Fat loss
- Resolving pain and injury
- Better mobility
- Women's health
- General improvement of your health and wellness

We will match you with the coach with the most expertise for what you need.

During this step we will also give you a primer on each of our 5 dimensions of health (Restoration, Exercise, Nutrition, Education & Supplementation) and answer any questions you may have.

At the conclusion of this stage we will provide you with our package options for starting your journey with D5.

### **STEP 2: Assessment and Program Design**

Armed with the information we need from step 1, we will move on to assessing the relevant measures & designing your programme for the next 12 weeks.

Assessing will depend on your goals but typically it will include:

- Biometric tests
- Postural & breathing assessment
- Movement screen
- Nutrition consultation
- For resolving pain or injury assessments will be carried by our DHA licensed Sports Therapist.

This step will require 1-2 sessions, we will conclude by sending you your D5 lifestyle tracker which will be discussed between you and your coach to ensure it is realistic and sustainable so you are clear of how your new programme & key action points fit into your daily life.

### **STEP 3: Implementation**

This is where the fun begins! Your coach will take you through the exercise programme that has been tailored for you.

You will be reassessed (step 2) weekly or monthly depending on your goals to ensure everything is moving in the right direction & if any modifications need to be made.

You will also have access to your coach via WhatsApp and email incase you have any questions or need any advice around your sessions.