



PERSONAL TRAINING PROGRAM

Empowering women through movement, nutrition and wellbeing

by Talita Ghiotto

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Talita Ghiotto

Personal Trainer | Health & Lifestyle Coach

Professional in physical training and health, with international experience in functional training, CrossFit and yoga, working in Brazil, Italy, the Netherlands and Spain.

🎓 **Certified Personal Trainer** – International Personal Trainer Academy - Spain

🧘 **Certified Yoga Teacher** – Rishikesh Yoga Nirvana - India

🏋️ **CrossFit Athlete** passionate, consistent, curious and always learning - Global experience

MY MISSION

To empower women through movement, nutrition and wellbeing — without extremes or trends, grounded in knowledge, awareness and consistency.



METHODOLOGY

A program designed to transform your lifestyle, body and mindset — with a behavioral approach focused on sustainable, long-term results.



1.Exercise

Movement as a tool for physical and mental health.

Strength training and cardiovascular conditioning, performed with consistency, respecting each body's limits and menstrual cycles.



2.Nutrition

Food as fuel for the body.

Focus on nutritional education and basic macronutrient concepts, with a healthy, realistic eating approach that adapts to different lifestyles



3.Wellbeing & Lifestyle

True change happens when body and mind work together.

Breathing exercises, meditation and educational content that support self-love, menstrual cycle awareness and body image



THE PROGRAM STRUCTURE

6 weeks of complete support — simple, effective and adapted to your lifestyle



1

Online Questionnaire

Goal: to understand you

- habits • routine • motivations

2

Physical Assessment & Analysis

Initial evaluation to create a
personalized program

- weight & measurements • goal
alignment

3

Program Access (Everfit App)

Everything in one place

- workouts • nutrition guidance •
organized routine

4

Weekly Follow-up

Progress monitoring and continuous
adjustments

- training • nutrition • consistency



What you will develop over 6 weeks:

- Increased **muscular strength** and **cardiovascular capacity**
- More **balanced** and **sustainable eating habits**
- Greater **body awareness** and deeper **connection with your body**

THE PROGRAM IN PRACTICE



everfit
Overview Training **Tasks** Metrics Food Journal Macros Meal Plan Documents Settings

TODAY < January 5, 2026 - February 1, 2026 > 1 Week 2 Week 4 Week

MY 05	TUE 06	WED 07	COLLECT 08	FRI 09	SAT 10	SUN 11
Online questionnaire			Physical Analysis Meeting Body Fat			App Program
12 Advanced Training Food Diary	13 Wellness Content Food Diary	14 Lower Body Workout Food Diary	15 Weekly consultation Food Diary	16 Functional Training Food Diary	17 Breathing and Meditation Food Diary	18 Feedback Feeding Food Diary
19 Advanced Training Food Diary	20 Wellness Content Food Diary	21 Lower Body Workout Food Diary	22 Weekly consultation Food Diary	23 Functional Training Food Diary	24 Breathing and Meditation Food Diary	25 New Workout Feedback Feeding
28 Advanced Training Food Diary	29 Wellness Content Food Diary	30 Lower Body Workout Food Diary	31 Weekly consultation Food Diary	32 Functional Training Food Diary	33 Breathing and Meditation Food Diary	34 Feedback Feeding Food Diary

2-3 workouts per week

Weekly consultation

1-2 functional training sessions per week

Nutrition guidance + photo food journal

Weekly women's health & wellbeing content

New workouts every 2 weeks

Ongoing support, review and adjustments

INVESTMENT & PAYMENT METHODS

ESSENTIAL PACKAGE

For those who are more independent

- 6-week program
- Physical assessment
- Nutrition guidance
- Wellbeing & lifestyle content
- Everfit app access

€220 upfront or 2 installments:

Week 1: 120€

Week 2: 120€

COMPLETE PACKAGE

For those who need more support,
consistency and motivation

- Everything included in the Essential Package

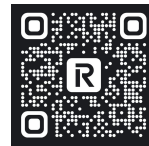
+ WEEKLY CONSULTATIONS AND LIVE CHAT SUPPORT

€320 upfront or 2 installments:

Week 1: 170€

Week 2: 170€

 **Payment options** →



1-Revolut:



2-PayPal:





CONTACT



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Change doesn't happen overnight

It's built step by step — with **discipline, consistency and self-love.**

I am here to support you and celebrate every achievement along the way.



PERSONAL TRAINER

Empoderando mulheres através do movimento, da nutrição e do bem estar