

Fitmate Coach - Carbon Reduction Plan

1. Commitment to Achieving Net Zero

Fitmate Coach is committed to achieving Net Zero greenhouse gas emissions by 2050, in line with the UK Government's target and its sustainability requirements.

2. Baseline and Reporting Year Emissions

Our baseline year is 2023, as this is the most recent year with full emissions data available.

Emissions Baseline Year (2023) Reporting Year (2024)

Scope 1 (direct emissions) 0 tCO₂e 0 tCO₂e

Scope 2 (purchased electricity) 0.2 tCO₂e 0.2 tCO₂e

Scope 3 (indirect emissions) 1.5 tCO₂e 1.4 tCO₂e

Total 1.7 tCO₂e 1.6 tCO₂e

Due to our telehealth based business model, we have no company owned vehicles, no on site fuel combustion, and no significant direct energy consumption. Scope 3 emissions relate primarily to employee home working, digital infrastructure, and occasional business travel. All of which are areas for improvement as the business scales and grows.

3. Environmental Management Measures

We have implemented several measures to monitor and reduce emissions: Remote first Operations, all consultations and coaching services are delivered via telehealth, minimising Travel related emissions.

Digital infrastructure efficiency, use of cloud based platforms with suppliers committed to renewable energy. Sustainable supply chain we work with partners who have published sustainability commitments where possible. Homeworking energy awareness encouraging employees to adopt energy efficient practices while working remotely.

4. Carbon Reduction Initiatives

To achieve Net Zero, Fitmate Coach will:

Introduce a formal emissions monitoring process and report annually. Work with suppliers using renewable-powered data centres. Transition to fully renewable electricity sources where applicable. Offset residual emissions through certified carbon offset programmes starting 2026. Set interim reduction targets of: 30% emissions reduction by 2030 60% emissions reduction by 2040 Net Zero by 2050

5. Declaration and Approval

This Carbon Reduction Plan has been approved by the senior leadership team of Fitmate Coach and will be reviewed annually.

This Carbon Reduction Plan has been completed in compliance with PPN 06/21.