

CUSTOMIZED EXERCISE PLAN

If you don't need the full support of a coach at this time, I offer customized exercise plans. Unlike more traditional plans, the focus of my programming is not weight loss or aesthetic change. My plans emphasize building strength and endurance, while taking into account each client's individual needs, performance goals, schedule, and available exercise equipment. This is a great option if you are already in the habit of exercising and simply want professional guidance to maximize your efforts and take something off your plate.

Includes:

- **Initial questionnaire** so I can understand your exercise background and your goals.
- **A customized exercise plan** based in strength training to help you step into your power and reconnect with your body.
- **A check-in questionnaire** before each new round of programming to keep track of any changes to your preferences and your progress towards your goals.
- **Access to my coaching software on both your computer and phone**, which includes a schedule of your exercise programming (complete with form videos and written descriptions), educational materials, and progress-tracking tools.
- **Billing via Paypal.**

Pricing:

- Each plan usually lasts clients 4-6 weeks - \$149/exercise plan
- 3-plan minimum commitment