

Welcome to Your Fitness Journey!

Dear [Client's Name],

Welcome to our online training program! We are thrilled to have you as part of our fitness community. Whether your goal is to lose weight, build muscle, or enhance your overall health, I am here to support you every step of the way.

As we get started, please take a moment to review the following:

- **Personal Assessment:** Please complete the attached assessment form so I can tailor the program specifically to your needs.
- **Training Schedule:** We will discuss your preferred training days and times in our first consultation.
- **Nutrition Guidelines:** I will provide you with personalized nutrition tips to complement your training.

Feel free to reach out if you have any questions or require assistance. I look forward to working together and helping you achieve your goals!

Best regards,

[Your Name]
Certified Fitness Trainer
[Contact Information]