

Fitness Coaching Proposal

Date: [Insert Date]

To,

[Client's Name]

[Client's Address]

[City, State, Zip Code]

Dear [Client's Name],

Thank you for considering my fitness coaching services. I am excited about the opportunity to work with you on your nutritional goals. As a certified fitness coach with extensive experience in nutritional guidance, I can provide you with a personalized plan tailored to your unique needs.

Proposed Services

- Initial Nutritional Assessment
- Customized Nutritional Plan
- Weekly Progress Tracking
- One-on-One Coaching Sessions
- 24/7 Support via Email

Investment

The total investment for the proposed services is [Insert Amount]. This includes all assessments, coaching sessions, and support during our partnership.

Next Steps

If you are interested in moving forward, please sign below and return this agreement by [Insert Deadline]. I look forward to our journey together to achieve your health and wellness goals!

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]

Accepted by,

[Client's Name]