

Fitness Coaching Proposal

Date: [Insert Date]

To: [Client's Name]

Address: [Client's Address]

Dear [Client's Name],

I am excited to present to you my proposal for one-on-one fitness coaching tailored to meet your unique health and fitness goals. With my expertise and your commitment, we can achieve incredible results together.

Program Overview

The program will include:

- Customized workout plans based on your fitness level and goals
- Nutrition guidance and meal planning
- Weekly one-on-one training sessions
- Progress tracking and adjustments as needed

Session Details

Each session will last [Insert Duration] and will be held [Insert Frequency]. The sessions will focus on [Insert Focus Areas, e.g., strength training, cardio, flexibility].

Investment

The total investment for this program is [Insert Price], which includes all training sessions, materials, and support during our time together.

Next Steps

If you are ready to start your fitness journey with me, please sign below and return this proposal by [Insert Deadline]. Feel free to reach out with any questions you might have.

Sincerely,

[Your Name]

[Your Title/Certifications]

[Your Contact Information]

[Your Website or Social Media Links]

Client Signature: _____ Date: _____