

Fitness Coaching Proposal

Date: [Insert Date]

Client Name: [Insert Client Name]

Client Address: [Insert Client Address]

Dear [Client Name],

Thank you for considering my services for your fitness coaching needs. I am excited about the opportunity to work with you and help you achieve your health and fitness goals.

Coaching Overview

I offer personalized online fitness coaching tailored to your individual needs and preferences. My approach includes:

- Customized workout plans
- Nutrition guidance
- Progress tracking
- Weekly check-ins
- 24/7 support via email and messaging

Proposed Package

For [Insert Price], you will receive:

- One-on-one coaching sessions (via video calls)
- Access to an exclusive client portal with resources and workouts
- Monthly assessments to track your progress

Next Steps

If you would like to proceed, please reply to this email by [Insert Date] to confirm your interest. We can then schedule our first session at your convenience.

Thank you once again for considering my coaching services. I look forward to partnering with you on your fitness journey!

Sincerely,

[Your Name]

[Your Contact Information]