

Fitness Coaching Proposal

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

[Your Address]

[City, State, Zip Code]

Email: [Your Email]

Phone: [Your Phone Number]

Introduction

Dear [Client's Name],

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

Coaching Services Overview

I offer personalized training programs tailored specifically for athletes who wish to enhance their performance in [specific sport]. My coaching focuses on:

- Strength and conditioning
- Endurance training
- Skill development
- Nutrition and recovery strategies

Proposed Training Plan

The training program will include the following components:

1. Initial assessment and goal setting
2. Custom training regimen development
3. Weekly progress evaluations
4. Ongoing support and motivation

Investment

The total cost for the specialized training program is [Insert Price]. This includes [list any additional services included in the price].

Conclusion

I am confident that together we can achieve your athletic goals and elevate your performance. Please feel free to reach out with any questions.

Looking forward to the possibility of working together.

Sincerely,

[Your Name]

[Your Title/Certification]