

# Fitness Coaching Proposal for Weight Loss Program

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

[Your Title/Position]

[Your Company Name]

[Your Contact Information]

## Introduction

Dear [Client's Name],

I am excited to present my proposal for a comprehensive weight loss program designed specifically for you. With a personalized approach, I aim to guide you towards achieving your fitness goals effectively.

## Program Overview

This program will include:

- Personalized meal plans tailored to your preferences and dietary needs.
- One-on-one coaching sessions to monitor progress and motivate you.
- Customized workout routines designed to maximize fat loss.
- Ongoing support via email and messaging.
- Access to exclusive online resources and community support.

## Timeline and Investment

I recommend a 12-week program to start, with the following investment options:

- Weekly coaching sessions: [Price]
- Monthly meal plan adjustments: [Price]
- Full program package: [Total Price]

## Conclusion

I am dedicated to helping you reach your weight loss goals and improve your overall health. Together, we can create a sustainable lifestyle that you enjoy. Please feel free to reach out with any questions or to schedule a meeting to discuss this proposal further.

Best regards,  
[Your Name]  
[Your Company Name]