

Fitness Coaching Plan Proposal

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

[Your Company/Organization Name]

[Your Address]

[City, State, Zip Code]

Email: [Your Email]

Phone: [Your Phone Number]

Proposal Overview

Dear [Client's Name],

Thank you for considering my fitness coaching services. I am excited to present you with a customized fitness coaching plan tailored to your needs and goals.

Objectives

- Enhance overall fitness and well-being
- Achieve specific weight loss or muscle gain targets
- Develop healthy lifestyle habits

Proposed Coaching Plan

The following plan outlines the structure of our coaching sessions:

- Initial Fitness Assessment
- Customized Workout Plan
- Nutrition Guidance
- Regular Progress Check-ins
- Motivational Support

Investment

The total cost for the proposed coaching plan is [Insert Price]. This includes all sessions, materials, and ongoing support.

Next Steps

If you have any questions or would like to proceed with this proposal, please do not hesitate to reach out. I look forward to the opportunity to work together towards your fitness goals!

Best regards,

[Your Name]

[Your Title]