

# Personal Training Program Proposal

Date: [Insert Date]

To: [Client's Name]

[Client's Address]

Dear [Client's Name],

Thank you for expressing interest in our online personal training program. We are excited to present you with a custom-tailored training proposal that aims to help you achieve your fitness goals.

## Program Overview

Our program consists of personalized workout plans, nutritional guidance, and continuous support throughout your fitness journey. The program duration will be [insert duration].

## Goals

Based on our initial conversation, we have identified the following goals we aim to achieve:

- [Goal 1]
- [Goal 2]
- [Goal 3]

## Program Details

The online personal training program includes:

- Personalized workout plans tailored to your fitness level
- Weekly check-ins and progress tracking
- Access to a dedicated online platform for resources and video sessions
- Nutritional guidance and meal planning
- 24/7 support via [communication method]

## Investment

The total investment for this program is [insert price]. This includes all training, support, and resources provided during the program duration.

## Next Steps

If you are ready to embark on this transformative journey, please reply to this email or call me at [your phone number] to discuss further details and finalize your registration.

Looking forward to working together!

Sincerely,

[Your Name]

[Your Title]

[Your Company]

[Your Contact Information]