

Personal Training Service Proposal

Date: [Insert Date]

[Client's Name]

[Client's Address]

[City, State, Zip]

Dear [Client's Name],

I am excited to present this proposal for personal training services designed to help you achieve your fitness goals. After our initial consultation, I believe that my services can greatly benefit you.

Personal Training Services Offered

- One-on-One Training Sessions
- Customized Workout Plans
- Nutritional Guidance
- Regular Progress Assessments

Program Details

Duration: [Insert Duration]

Frequency: [Insert Frequency]

Location: [Insert Location or Specify Online Training]

Investment

The total investment for the proposed services is [Insert Amount]. This includes [Detailed Breakdown of Services].

I am committed to helping you reach your desired fitness level and look forward to starting this journey with you. Please feel free to reach out if you have any questions or would like to discuss further.

Sincerely,

[Your Name]

[Your Contact Information]

[Your Business Name]