

We are not going to hold you back but also not going to think of starting you at a level you are simply not ready for. The success of YOUR program will be from understanding YOUR current level and matching that with what YOU are willing and interested in doing. We together will build your program (The Mind, The Body, Movement, Consumption). Then, progress to the next level when YOU are ready.

All Coach M Packages include:

Free Interactive Consultation

I have a lot of great information to share and can answer many questions you may have. This is our opportunity to learn about you, learn about me, establish rapport and hopefully build understanding and trust in my vision.

Initial Information Session

There is going to be homework, thorough questionnaires and effort expected throughout this process. We cannot design, implement and evaluate YOUR plan without understanding where we are starting from, why we are doing this, how to best achieve YOUR goals and what we are going to be focusing on.

Assessments - Starting Point

Lifestyle, Motivation, Mindset, Habits, Consumption, Knowledge, Body Composition, Posture, Gait, Cardiovascular, General Strength and Flexibility. All things to be assessed to best prescribe YOUR plan to success.

Individualized Program Design

The Program we build for you is YOURS. We have discussed your “likes” and “dislikes”; we have determined your goals and realistic starting point. We will expand your knowledge and your program... When we both realize that you are ready. “Groups” and “Couple Programs” are designed this way as well. You both (all) will work closely with me to establish and design your own individualized programs.

Guaranteed Training Sessions

Each package has a set number of one-on-one training sessions **(18) for 6-month programs**. These sessions are booked around your schedule and when you feel necessary.

- **Additional One-On-One Training Sessions Available (based on availability):** Morning, afternoon and evening times available throughout the month.
- **Open Sessions:** Your opportunity to just walk-in and see a familiar face. Questions, answers, train, support.

Weekly Development Sessions

Each week we will set out 30 minutes for personalized development session. This is YOUR time to discuss successes, concerns, goals, issues and answer any questions.

- **Extra (20 min) One-On-One Consultations:** Scheduled in advance, your opportunity to discuss your plan or TOGETHER try to solve anything you are facing.
- **16/7 Email / Phone /Text Support:** Guaranteed to respond as soon as possible. (I do sleep sometimes)