

ONLINE ACCOUNTABILITY COACHING

Program Overview

This program is designed to provide structure, accountability, motivation, and support to help you achieve your health and fitness goals.

Client Intake & Assessment

- Medical History Form
- In-Gym or Home Exercise Assessment
- Physical Fitness Test (1-Minute Exercises)

Coaching & Accountability Features

- Weekly Workouts Customized to Your Goals
- Daily Inspirational Text Messages
- Regular Check-Ins for Accountability and Progress Tracking
- Daily Tasks & Step Tracking (Phone App or Smart Watch)
- Nutrition Accountability Using the Lose It! App
- Food Logging and Nutrition Screenshot Reviews

Program Expectations

Clients are expected to complete assigned workouts, track daily activity, log nutrition consistently, and participate in scheduled check-ins. Consistency and communication are key to achieving results.

Client Information

Name: _____

Phone: _____

Email: _____

Goal(s): _____

Client Signature: _____

Date: _____