



C.O.A. Fitness Training Client

Information & Welcome Packet

Welcome to C.O.A FITNESS TRAINING/ Personal Training! Thank you for your interest in working with me. I'm excited to help you achieve your fitness and wellness goals. This document provides an overview of what you can expect and important information to get started. About Me I am a certified personal trainer with a passion for helping clients of all fitness levels. My goal is to create personalized programs that are safe, effective, and enjoyable, so you can reach your full potential while working around any challenges you may face.

My Training Philosophy: is I believe that fitness should be approachable and adaptable for every individual. Whether you're looking to build strength, improve mobility, lose weight, or simply enhance your overall health, I'll work with you to create a plan that fits your specific needs, lifestyle, and goals.

What You Can Expect:

1. Customized Training Plans • Every client receives a personalized fitness plan tailored to their current fitness level, goals, and any limitations (e.g., injuries, medical conditions).
2. Progress Tracking • We'll regularly assess your progress and adjust the program as needed to keep you on track and motivated.
3. Nutritional Guidance • I offer nutritional advice that complements your fitness plan, with a focus on balanced eating, adequate protein intake, and hydration to support your goals.
4. Accountability & Support • I'll be here to support you every step of the way—whether it's in person, via virtual sessions, or through check-ins to keep you motivated.

Training Options & Pricing:

I offer flexible packages based on your availability, goals, and preferences. Here are some options to consider: •

In-Person Sessions: • 60-minute personal training sessions are \$40 per session•

- 6-week commitment paid in full for \$710 = 6weeks
- 3 x a week = \$120.

Packages of 10 sessions: \$XX (discount applied)

Virtual Training Sessions: • 40-minute session: \$35 per session

- 4-week commitment paid in full = \$470

Travel Training = \$50 **Travel price may vary based on location**

Custom packages available based on frequency and goals.

Getting Started – Initial Consultation Your journey begins with an initial consultation where we'll discuss your goals, fitness history, any medical concerns, and your preferred training style. During this session, we'll also go over an initial fitness assessment to better understand your needs.

Consultation is free for 25 mins or less.

Fee of \$20 Will apply for consultations longer than 30 minutes.

Client Commitment & Policies: • Scheduling: Sessions can be scheduled in advance at times convenient for you. I recommend maintaining a consistent schedule to ensure optimal results.

Cancellations: I require a minimum of 24 hours' notice for cancellations to avoid being charged for the session. This allows me to offer the time slot to other clients.

Payment: Payment for sessions or packages is due in advance. I accept [list of payment methods.

Zelle, Cash, Apple pay or Pay Pal

FAQs:

Q: Do I need any equipment? A: If you're training at home, I can help you design a plan based on the equipment you already have.

For virtual sessions, simple items like resistance bands or dumbbells can be helpful, but I can also design bodyweight-based programs.

How often should I train? A: The frequency of training depends on your goals, fitness level, and schedule. Typically, I recommend starting with 2-3 sessions per week.

Q: What if I have an injury or limitation?

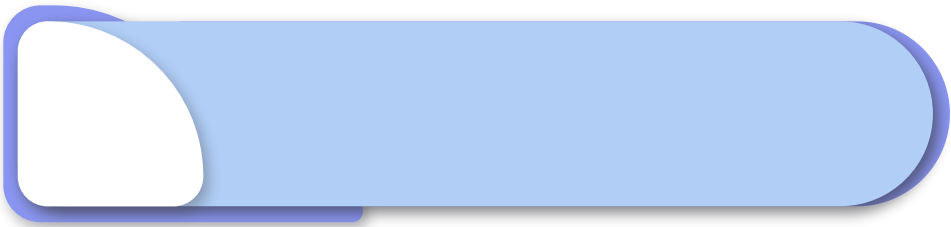
A: I specialize in modifying exercises to accommodate injuries or chronic

conditions, ensuring that you can still progress safely.

Next Steps: If you're ready to get started, please let me know a few times that work for you for an initial consultation. If you have any additional questions, don't hesitate to ask! Looking forward to working with you and helping you achieve your goals!

Contact Information: Caroline Wilson

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Caroline Wilson -Smallwood
C.O.A Fitness Training
Start every day with a fresh approach!!



[X Signature and Date]