

STRONG BY SIEGEL

COACHING PROGRAM

Certified personal trainer

Allyson Siegel

Pre & Post Natal Fitness Specialist



Strong by Siegel

CERTIFIED PERSONAL TRAINER

How to be successful in this coaching program:

- **Be Coachable:** You have to be willing to listen to instructions and follow advice from your coach. I have 18 years in the fitness and health space, let me be your guide.
- **Remember Your Why:** Knowing your why, reminding yourself of your why, and holding yourself accountable to your goals is critical for success. The more consistent you are, the greater your results.
- **Work hard:** The path you have been on is no longer serving you. It takes time, energy, and dedication to your program to be successful. Results don't happen unless you put in the work.
- **Be Honest:** Communication with your coach about your struggles, hardships and challenges is key. Honesty in regards to progress, habits, and

lifestyle will help your coach build a program to fit your needs.

- **Are you coachable?**
- **Can you clearly tell me your “why”?**
- **Are you willing to work hard?**
- **Are you willing to be honest with yourself and your coach?**