

# Elite Online Coaching & Accountability Package

This is a package that can change your life! We start off with a 30 minute consultation where you and I discuss your goals, habits (both good and bad), what equipment you have available to you, and your healthy history. From there I will create a custom program for you that includes the following...

- Full access to the MZJ Fitness App with all the built in tracking tools
- Personalized workouts: I will customize 3-4 workouts (depending on your availability to train during the week) that you will access on the app, computer, or tablet.
- Video coaching call with me every 2 weeks (15 min)
- Personalized calendar where every day of your week will be planned, even what it's just a "rest" day. This will include your strength training workouts, cardio workouts, yoga, stretching, mobility work, etc. You can also add and change, add, modify your calendar on your own as well.
- Unlimited 2 way direct messaging with me through the app
- Ability to sync up to MyFitnessPal or FitBit to track your nutrition and meals
- Morning and evening yoga routines
- Full access to exercise video library
- Habit and goal setting
- Accountability! I am right there with you, encouraging you, helping you stay on track. One online client recently messaged me the following:

*"I can't thank you enough for all you have done for me. There are definitely days that I don't want to workout but bc of our motivation and positive outlook on everything, I don't want to disappoint you. :) #itsamarathon*