

1:1 Online coaching vibes

In order for you to make the **best** progress, it's important to understand that we (coach & client) have to work well together and communicate regularly - especially within the online space.

Hiring a coach doesn't necessarily mean that you will get the results you're after. It really is a joint effort & you have to be ready & willing to make the necessary lifestyle changes and follow my advice. I will offer you my full support and will be available to communicate & guide you in the best way I can. I really want you to succeed! But we can only make progress if we work well together mos.

Now let's get into the nitty-gritty things.

- Each month, you will get a workout program customised to your goal/needs. This can be a home or gym program depending on where you'll be training from. The program includes demo/technique videos.
- You will choose between a X2 per week program, X3 per week program or a X4 per week program.
- The monthly fee will depend on the program you choose. I will give you the pricing options during our communication if you are interested in coaching. Please do reach out to me so that I can give you the rates before filling out the application form.
- You will be required to film & upload certain exercises from your program so that I can guide & correct technique/form. This is important for your safety & to make sure that you're getting the best out of your training session/s. I will communicate which exercises to film when I send your program.
- Our communication will include guidance on nutrition and how to eat for your goal (if needed).
- Optional Whatsapp support group with all online coaching peeps. We just share recipes, meal ideas, offer support/motivate one another, some jokes here and there. It's not that deep and we don't chat all day everyday. It's lekker. Just optional because not everybody enjoys a group vibe.
- If you're unsure about whether or not online coaching will work well for you, you are most welcome to commit to just one month - just to get the feel of it so that you know what to expect and to experience it. Some peeps thrive and do well with it, and others do better with an in-person coach. It's all about finding what works well for YOU.

Please don't hesitate to reach out if you have any further questions!

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