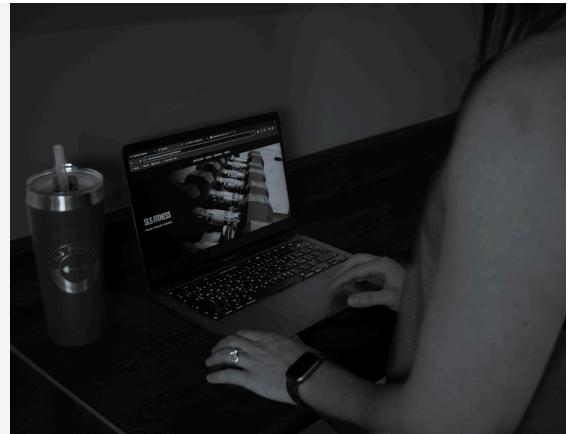


SLS Fitness Remote Coaching

Sarah Simkins, SLS Fitness Owner



Monthly Package Details

Online Programming & Remote Coaching

+ Lifestyle Habit Building
+ Nutrition Coaching

\$250+tax per month

Initial commitment of 3 months

Included in package:

- Initial Consultation + Movement Assessment
 - Zoom or In-Person (60-75 minutes)
- Kick Off Call (one time)
 - Once your program is designed, we'll book a kick off call to walk through how to effectively use the app, view your workouts, your LifestyleRX, integrate health metrics (Garmin, Apple, etc), and book your coaching calls
- Individually designed workouts based on data collected during initial consultation + movement assessment
- Lifestyle Habit Building
 - Assess where you are at with the Basic Lifestyle Guidelines
 - Establish target areas to focus on improving
 - Receive daily reminders to keep you on track (in app- *optional*)
- Nutrition Coaching
 - Tailored to meet you where you're at currently & where you want to go
 - Learn about the fundamentals of nutrition
 - Understand what 'good nutrition' means for you
 - Coaching can include: Food log audit, Macro Targets & Individualized Calculations OR be a habit-based approach
- App access to your program (CoachRX)
 - Weekly Program Overview [Recorded Loom Video]
 - Video Exercise Demo's
 - Form Feedback: Upload video(s) for feedback on your form
 - Track Your Progress
 - Messaging: Send questions/feedback directly from the app
 - Weekly check-in: Prompted every Sunday (in app)
- Bi-Weekly Phone Call Touch Bases (15 minutes)
- Monthly Consult: 30-45 minutes (phone or video call) to review your month + game plan your next month

Additional Remote Coaching Details

Weekly Check-In & Overview

- You will receive an in-app prompt to complete your weekly check in via the CoachRX app where you will answer a few questions using a number scale + have the opportunity to provide additional comments about your week!
- Comments and notes you make during your workouts throughout the week also help me in seeing if you were able to make load progressions in the exercises from week to week and hit target rep ranges, these being a few of the variables that give me insight on how to adjust your program for the next week.
- An integrated video app, Loom, allows me to provide you with feedback and answers to any comments or questions you noted during your workouts over the week. As well as provide an overview video explanation of your upcoming week of workouts!
 - If you've uploaded videos for form review, these will also be reviewed and you will receive video feedback

Bi-Weekly | Monthly Consults

- Bi-Weekly Touch Bases are designed to be 'in-between' phone calls that ensure you're on track and aren't waiting until the end of the month to discuss challenges.
- Monthly Consults are designed to chat about how your month of training, nutrition, and lifestyle habits went and to discuss changes and focuses for the upcoming month. Plus! Receive a follow up email with consult notes and resources (if applicable) individually selected for you for the areas you want to learn more about!
 - Via video or phone call (client preference)
 - Local clients may also choose to come over in person, especially if there are movement patterns we want to address hands on.
- A link to book these calls will be included in your Kick Off call + will be housed in your CoachRX app for easy access for future bookings.

Billing Options

Monthly reoccurring subscriptions are through Stripe (credit card) in the CoachRX app.

Contact Details

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