

Welcome & What to Expect

Your coaching journey with [Brand Name] starts [here](#).

Welcome aboard

[Edit this welcome message in your own voice.] I'm thrilled to have you. This guide explains how we'll work together so you get the best possible results.

What you can expect from me

Personalized workouts and nutrition targets built around your goals and schedule.

Clear check-ins, honest feedback, and adjustments based on your real progress.

Responses to messages within [your response window, e.g. 24 hours].

What I expect from you

Complete your check-ins honestly and on time.

Follow the plan as closely as life allows — consistency beats perfection.

Communicate when something isn't working so we can adjust.

How we communicate

[Describe your channels: in-app messaging, WhatsApp, weekly calls, etc.]

— [Coach Name], [Brand Name]