

# DAN SCOTT FITNESS COACHING

## Coaching Investment & Program Details

### 12-Month Coaching Commitment

Dan Scott Fitness Coaching is offered as a 12-month coaching commitment. This structure allows enough time for progress to be built gradually, training and nutrition to be adjusted as life changes, and results to be created without rushing or extreme approaches.

### Investment

**\$349 per month**

Billed monthly

12-month commitment

## What's Included in Your Coaching

### Fully Customized Training Programming

Personalized training built around your schedule, experience level, and available equipment. Programs are designed to be effective without requiring excessive time in the gym and are adjusted as your body adapts and as life demands change.

### Personalized Nutrition Strategy

Nutrition structured around your daily routine, food preferences, and real-world constraints such as work, family, travel, and stress. The goal is consistency over time, not perfection every day.

### Weekly Check-Ins & Progress Reviews

Structured weekly check-ins reviewing training performance, nutrition adherence, recovery, stress, and lifestyle factors. Adjustments are made based on what actually happened that week.

### Ongoing Adjustments & Coaching Oversight

Training and nutrition are continuously reviewed and refined. If something isn't working, it's adjusted with long-term sustainability in mind.

### Direct Coach Access & Accountability

Ongoing access for questions, clarification, and guidance—especially when life gets busy—so you are never guessing what to do next.

## **Who This Coaching Is Best Suited For**

Busy adults seeking long-term results, who value structure with flexibility and understand that progress comes from consistency rather than perfection.

## **Next Step**

If you're ready to commit to a structured coaching process that fits into real life, Dan Scott Fitness Coaching provides a clear and sustainable path forward. **Apply below to see if coaching is a good fit.**