

How Online Coaching Works

A structured, accountability-driven approach — built around real life.

Online coaching with Dan Scott Fitness is designed for people who want a clear system, consistent accountability, and a plan that actually fits their schedule.

This isn't about quick fixes, extreme dieting, or relying on motivation. It's about structure, execution, and long-term progress.

Step 1: Apply for Coaching

Coaching starts with a short application. This helps identify your goals, schedule, training background, and current challenges.

If it looks like a good fit, the next step is a brief call to talk things through in more detail.

Step 2: Initial Call & Alignment

On the call, we'll:

- Talk through your goals
- Review your schedule and lifestyle
- Discuss expectations around training, nutrition, and accountability
- Make sure we're aligned before moving forward

This ensures clarity on both sides from the start.

Step 3: Your Coaching Setup

Once you're onboarded, your coaching is built around four core principles:

Structure

Clear expectations around training, nutrition, and weekly execution — no guesswork and no randomness.

Accountability

Regular check-ins to keep things consistent, address challenges, and adjust based on real-life execution.

Adaptation

Plans evolve as your schedule, stress, recovery, and progress change. The system adapts so you don't fall off.

Sustainability

Everything is designed to be realistic, repeatable, and maintainable long term.

Training & Programming

Your training is fully personalized and built around your real schedule.

- Custom training plan based on experience, goals, and available equipment
- Designed around how many days per week you can realistically train
- Progression-focused, not constant program hopping
- Adjusted based on performance, recovery, and feedback

The goal is consistent execution — not perfection.

Nutrition Planning & Guidance

Nutrition is an integrated part of the coaching process, not an afterthought.

- Personalized nutrition plan aligned with your goals
- Built around your preferences, schedule, and lifestyle
- Focused on consistency and adherence, not extreme restriction
- Adjusted over time based on progress, feedback, and real-world challenges

The emphasis is on building habits and systems you can maintain, not following rigid or unsustainable rules.

Weekly Check-Ins

Each week, you'll complete a structured check-in covering:

- Training completion
- Nutrition adherence
- Wins and challenges
- Recovery, stress, and overall consistency

You'll receive clear feedback, guidance, and adjustments for the week ahead.

Communication & Support

- All communication is centralized and organized
- Clear response expectations to avoid overwhelm or confusion

- Ongoing support without chaos or micromanagement

You'll always know what to focus on next.

What This Coaching Is — and Isn't

This coaching IS:

- Structured
- Personalized
- Accountability-driven
- Built for real life
- Focused on long-term results

This coaching is NOT:

- A generic program
- A quick fix
- An extreme diet plan
- A motivation-only approach

Who This Is Best For

This coaching works best for people who:

- Want structure and consistency
- Have struggled with follow-through on their own
- Value accountability and guidance
- Are focused on long-term progress, not shortcuts

Ready to Get Started?

If this approach sounds like the right fit, the first step is to apply.

Apply for Online Coaching