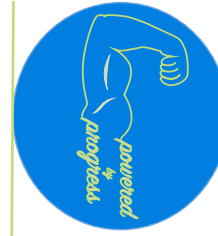


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## About Me & PBP

**H**aylie is the sole owner and coach for Powered by Progress. She is a Cal Poly graduate with certifications in personal training and nutrition. This program is geared towards those ready to make positive changes in their mental, emotional, and physical wellbeing. Be ready to watch yourself grow and adapt as you fight for a new you! There is a community to lean on, learn from, and find strength in.

## Contact Me

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place  
postage  
here



Health and wellness designed  
specific for *YOUR* needs and goals

*Feel empowered through progress  
of building a new you!*



## The Grub

- Custom nutrition building
- macronutrient coaching
- Recipe book
- Easily accessible app to track food



## The Grind

- Personalized workout program designed specific to your goals
- Workout split and videos provided for every workout
- Exercises range from HIIT, Yoga, Cardio, and Weightlifting



## The Gathering

- Community of people on the same journey
- Ability to connect and empower others online, in person, and on PBP trips
- Opportunity to attend a conference with members and coaches every year