

Community Members



Name: Chrsytal Munoz

, **Type:**

online coaching/personal
training

Demographics

Name: **Chrystal Munoz**
Gender: **female**
Age: **24 years old**
Profession: **Full time student**
Income: **VA Gi Bill**
Married: **Yes**
Children: **1 child, 2 years old**
Education: **Sports Marketing**

Back Story (Problems)

- What challenges are they having?

Lives in Carlsbad, CA
2 hour time difference
Full time student and parent
Husband is active duty
Limited due to back injury
Poor Time management
Diabetic

Needs & Why

- Why do they need to solve this?

Needs specific diet program and training without injuring or irritating the client's back or spiking blood sugar due to being a diabetic with limiting time management with the gym, being a parent and full time student

Solutions

- Share Experience

Created tailored dieting program that does not affect client's blood sugar as well as tailoring a work out program that has attached private YouTube links to instruct how to perform the particular movements since training has to be done online

Appointment FaceTime calls for weekly check ins, to update any and everything for the client