Your month, in perspective.

An illustrative review structure showing the topics your coach can discuss. This is not an actual client report, an app screenshot or a promised result.

01 / TRAINING

Look at the pattern.

Review planned versus completed sessions, like-for-like performance and technique questions. Discuss the context behind any change.

02 / NUTRITION & HABITS

Understand what is repeatable.

Review food-log observations, familiar meal choices and habits that helped or became difficult. Connect the discussion to your personal guidance.

03 / PROGRESS MEASURES

Interpret the evidence together.

Use relevant photos, measurements and performance trends. Your starting point and circumstances guide the comparison.

04 / NEXT STEPS

Choose useful priorities.

Agree on what to keep and what to adjust. Request training, nutrition or recovery updates as your circumstances change.

A clearer review conversation.

Use this discussion outline to understand the coaching process. Your own plan and report will reflect your goals and circumstances.

BRING TO YOUR REVIEW

The context behind your week.

What went well? What changed in your schedule, equipment or routine? Which question would help you most right now?

YOUR ZOOM RHYTHM

Weekly focus. A deeper fourth week.

Weekly one-on-one Zoom calls are 20 minutes in weeks one through three. The fourth-week call is 30 minutes for your monthly progress report and next steps. Confirm scheduling before enrollment.

BETWEEN REVIEWS

Keep the conversation connected.

Monday–Saturday app check-ins, technique feedback and adjustments on request help connect the plan to your actual week.

Explore the complete remote coaching offer

Both pricing options include the same nine features: $749/month for a three-month commitment ($2,247 total), or $800/month month to month.

SEE ALL INCLUSIONS & PRICING →