

# ONLINE WEIGHTLOSS COACHING

Embarking on a weight loss journey is a significant commitment that requires dedication, effort, and, most importantly, accountability. Accountability can make all the difference between success and setbacks.

## Your guide to your goals!

After years of trying every fad diet under the sun, being a cardio and yoga bunny, losing weight only to gain it back, desiring that shapely, toned body that alluded me and feeling frustrated as to how it was so effortless for others but not me? I finally decided to end the mystery and find out once and for all how 'fit people' STAY fit and looking good??

I ended up competing in 2 bikini bodybuilding competitions and successfully have been maintaining and shaping my physique literally building my dream body day by day, while living a flexible, and healthy lifestyle.

It is my goal to share my guidance and knowledge with my clients to help them achieve their health and body goals.

### 1. Consistent Motivation

Staying motivated throughout your weight loss journey can be challenging. Accountability provides consistent encouragement and motivation. Knowing that someone is tracking your progress and rooting for you can keep you inspired to stick to your plan, even on tough days.

Weekly check-ins helps maintain your enthusiasm and commitment to your goals.

### 2. Setting and Achieving Goals

Accountability helps you set realistic, achievable goals and provides a framework for tracking progress.

It ensures that you break down your weight loss journey into manageable steps, making the overall goal less daunting. Regular reviews of your goals and progress keep you focused and on track.

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## 3. Improved Adherence to Plans

When you're accountable to your coach, you're more likely to adhere to your weight loss plan. Whether it's following a calorie prescription, maintaining an exercise routine, or making healthier lifestyle choices, knowing that you'll need to report your actions will significantly boost your commitment.

Logging your meals make you more mindful of your choices, leading to better adherence.

## 4. Objective Feedback

I will provide you with objective feedback on your progress and offer you constructive feedback, celebrate your successes, and help you navigate any setbacks.

This feedback is invaluable for staying on course and making necessary adjustments to your plan. Knowledge is power and will stay with you the rest of your life.

## 5. Building Healthy Habits

Consistency is key to forming new, healthy habits. Accountability helps reinforce positive behaviors until they become second nature.

Regular check-ins and support make it easier to maintain these habits, leading to long-term success.

Weekly accountability check-ins can help solidify habits like meal prepping, regular exercise, and mindful eating.

## 6. Enhanced Problem-Solving

Weight loss journeys are often filled with obstacles and challenges. I will help you brainstorm solutions and strategies to overcome these hurdles.

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## 7. Emotional Support

Weight loss can be an emotional journey, with highs and lows along the way. As your coach I will help you stay positive and resilient. I will be guiding you along the process so you can achieve the results you set out to achieve!

When you can share your struggles and victories you will have the emotional boost you need to keep going.

### The Power of Accountability

Accountability provides motivation, structure, feedback, and support, all of which are essential for your success.

By making you more mindful of your actions and committed to your plan, accountability will transform your weight loss journey from a solo struggle into a supported and sustainable lifestyle change.

So, embrace accountability and watch as it helps you achieve your weight loss dreams!

Online Weightloss coaching \$250 per month and includes

- weekly check in photos and feedback
- macronutrient breakdown and caloric intake instruction with guidance on how to properly track food intake
- customized exercise instruction according to goals and accommodated to lifestyle
- daily text messaging support to discuss and/or answer questions that come up to help you stay on track!
- mindset adjustments that will have you operating from a place of power when shifting into your new fit lifestyle and body!