

01 / 1-ON-1 ONLINE FITNESS COACHING

What you get when we work together.

Build muscle with a plan that fits your week.

Get a training plan, practical food guidance, and written weekly feedback from me, Dylan. We work around your goals, experience, schedule, and equipment.

- Your training plan: Exercises, sets, reps, and a way to progress, built around your goal, experience, schedule, and equipment.
- Practical food guidance: Nutrition targets and meal habits you can use with foods you like and a budget you can manage.
- A written weekly review: You send your check-in. I review your training, food habits, recovery, and what got in the way, then send written feedback.
- Clear next steps: Know what to repeat, what needs watching, and what we are changing, with the reason explained.
- Support between check-ins: Ask questions when something is unclear. Messages are answered within two business days, Monday-Friday (Eastern).

Your part

Train, keep the records we agree on, and send an honest check-in. Tell me when your schedule or circumstances change. We can work with a difficult week; I need to know what happened.

For adults 18+ of any gender who want to build muscle and make training and food habits easier to follow.

[Apply for Coaching](#)

02 / THE WORKING WEEK

What a weekly review looks like.

- You send: completed sessions, relevant sets and reps, food habits, recovery notes, and questions.
- I review: what happened, what is changing over time, and what needs more information.
- You get: written feedback, a clear priority, and any changes with the reason explained.

Illustrative check-in - not a client record

Three sessions planned; two completed. The Friday session has been missed twice because work ran late. Reps on the completed sessions are improving.

Illustrative written feedback

Keep Monday and Wednesday. Put the third session on Saturday morning if that time is available. Keep logging your working sets. We will review whether you completed all three next week before changing the exercise plan.

Other weeks may need a different exercise, a different amount of training, or more time before changing anything. The decision depends on your goal, record, recovery, and situation.

Support and boundaries

Messages are answered within two business days, Monday-Friday (Eastern). There are no recurring weekly live calls or daily monitoring. No instant or 24/7 support is promised.

Training, nutrition habits, and recovery coaching for adults. Not medical care, injury rehabilitation, or medication, hormone, or peptide guidance.

03 / YOUR NEXT STEP

See whether coaching fits.

A good fit: you want a plan that matches your life, can send honest check-ins, and are open to feedback. You can be new, returning, or experienced; the work starts from where you are.

- Apply with your goal, experience, schedule, equipment, and main obstacle.
- I review your goals and situation. If coaching looks like a fit, I invite you to a 30-minute Fit Call.
- You review the scope, price, and written terms before paying.
- Onboarding follows enrollment. We collect the agreed starting information and build your first plan.

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Applying is a fit check, not a commitment to buy.

Coaching is paid. Depending on the option, the initial term is 3 or 6 months. Monthly plans continue month-to-month after the initial commitment until canceled under the written terms.

[Prefer to start on your own?](#)

The free Physique Progress Playbook gives you a seven-day worksheet, a training progression example, and a two-meal planner.

[Open the free Playbook](#)

I am Dylan, a personal trainer building an online coaching business. The gym was my starting point. I share what I learn about training, confidence, content, and building something of my own. The paid service described here is fitness coaching.

My photographs and scan records show my personal history, not client results or a promised timeline. InBody body-fat readings are device estimates. Individual results vary.

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