

Introduction / Hello

Hello!

I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your wellness and fitness journey with you and will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While remote coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through the attached short information package. In it is all of the information about your program and what you're about to get in the coming months. I've laid out what I'll be sending you and when you can expect to receive it in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to you and an explanation of all variables.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Yours in health,

Evan Lawrence, MA, CPT, RYT-200, PN1

A photograph of a man with dark hair and a beard, wearing a dark long-sleeved shirt, standing with his arms crossed and smiling. A white speech bubble with a blue border and the word "Welcome!" in blue text is positioned above him. The background is a brick wall. The image is partially overlaid by a large, stylized blue and green brushstroke graphic.

Welcome!