**Online Coaching Services & FAQs**

**Premium Coaching - $250 per month**

* Unlimited email support
* 30-minute monthly call (Skype/FaceTime/Phone)
* Goal setting
* Nutrition tracking and management
* Customized exercise program, monitoring, and adjustments
* Feedback on exercise form (via video submission)

**Essential Coaching- $150 per month**

* Weekly email check in
* Goal setting
* Nutrition tracking and management
* Customized exercise program, monitoring, and adjustments
* Feedback on exercise form (via video submission)

**One Time Program Design - $100**

* One time customized exercise program

**One Time Skype Consult - $60**

* 1 hour Skype Call

**One Time Skype Consult + Program Design - $140**

* 1 hour Skype Call
* One time customized exercise program

**What are the benefits of Premium Coaching?**

If you’re the type who requires more accountability, support, and direction, then Premium Coaching is for you. With an unlimited access via email and one monthly face-to-face discussion over Skype, you’ll have more than you could ever need. You can send email updates, ask questions, or ask for feedback on exercise form whenever you want.

**What are the benefits of Essential Coaching?**

Essential Coaching provides the same high-quality exercise and nutrition coaching at lower price. All of your exercise programs and nutrition direction will be provided and questions answered during our once weekly email check in. If you tend to require less accountability or are looking for a lower-cost option to high-quality coaching, then this is the option for you.

**What does the One Time Program Design provide?**

With this option, you’ll first be asked to fill out a questionnaire regarding your training and injury history as well as your goals and number of days you wish to train. Once I’ve received this information, I may or may not follow up with some questions to clarify your goals. After that, you’ll receive a customized training program to help you reach your goals within 4 business days.

**What is discussed on a One Time Skype Call?**

The subject of discussion is up to you. You can ask questions regarding exercise, nutrition, programing, the best Netflix series, or latest movies . The time is yours to use as you see fit. Some choose to call in order to get clarification about some exercise or nutrition related issues. Others who feel they require less accountability sometimes choose to do a call each month so that we can work together to formulate a plan of action for them to follow.

**I’m looking for a quick fix. Is this the program for me?**

Definitely not. Rapid weight loss programs can seem good up front, but ultimately teach you very few sustainable habits so you typically gain back the weight you’ve lost afterwards. The approach I like to take with my clients is to help them establish day-to-day behaviors that will ultimately carry them towards their goals, but also result in sustainable results.

**Are there any contracts for Essential or Premium coaching?**

While I recommend a minimum of three months of coaching to establish a program and really begin to see progress, there are no contracts. The vast majority of my clients stay on beyond a year, but you can choose to discontinue at any time.

**Can I switch from one coaching program to another?**

Absolutely! Some people start with Premium Coaching and move down to Essential coaching as they require less guidance. Alternatively, some people start with Essential Coaching and move up to Premium Coaching if they discover that they require more guidance and accountability.

**Do I have to go to a gym?**

Having access to a gym can be nice in the sense that there is potentially more exercise variety, but we’ll work with whatever you have available. Many clients do very well with a home or office gym set up and/or resistance bands.

**How will I be billed?**

Each month you’ll receive an invoice through PayPal which you can pay securely with your Credit Card or directly from your bank account.

**Have more questions? Ready to go?**

Shoot me an email at [josh@joshwilliamsfitness.com](mailto:josh@joshwilliamsfitness.com).

**I’ll be happy to address any concerns or get you started.**