



BRIAN DANLEY FITNESS

ONLINE FITNESS & NUTRITION PROGRAM

Purpose: Customized workout and nutrition program provided online

- Privately workout at a convenient time and place
- Online fitness assessment form
- Customized training program based on fitness assessment form responses
- Exercise videos provided for guidance
- Estimated time to achieve your fitness goal
- Recommended caloric intake guidance
- Customized meal plan
- Complimentary grocery list
- Email / phone support
- Accountability check-ins via texts / emails
- Tracking / progress analysis and feedback