

BFIT FOR LIFE COACHING PROGRAM

A FUN AND EFFECTIVE WAY TO GET FIT

BFit for Life Coaching Program

Welcome to the **8-12 Week BFit for Life Coaching Program** with Bethanne Smith, designed to guide you on your journey towards a healthier lifestyle. Our focus is on sustainable weight loss through a combination of support, accountability, strength training, and medical weight loss guidance. Let's embark on this transformative journey together!

Program Overview

The program is structured to provide you with the tools and knowledge necessary to achieve your weight loss goals while improving your overall health and fitness. Each week will build upon the last, ensuring that you develop healthy habits that last. It is available as an 8 or 12 week program. We also have an ala carte menu.

Weeks 1-2: Foundation Building

Objective: Establish a strong foundation for your journey.

- **Introduction to Healthy Eating:** Learn the basics of balanced nutrition, portion control, and meal planning.
- **Goal Setting:** Set realistic and achievable goals with Bethanne's guidance.
- **Initial Fitness Assessment:** Evaluate your current fitness level to tailor the strength training plan. Set up in studio or in home (Zoom) workout sessions.
- **Support and Accountability:** Participate in group discussions to share experiences and strategies with FaceBook Group Page. Schedule weekly Zoom check ins and daily text availability.
- **Medical Consultation:** Initial consultation with a healthcare professional to assess any medical considerations for weight loss. This should be done with your Medical Professional.

Weeks 3-4: Establishing Routine

Objective: Create a consistent routine to support your health goals.

- **Strength Training** : Start with basic exercises focused on form and safety or maintain strength training in progress.
- **Mindfulness Practices**: Incorporate mindfulness techniques to manage stress and emotional eating.
- **Progress Check-In**: Review progress with Bethanne and adjust plans as needed, this will be done during weekly zoom call.
- **Medical Monitoring**: Regular check-ins with a healthcare professional to monitor health markers and adjust the plan accordingly.

Weeks 5-6: Intensifying Efforts

Objective: Build upon your established routine with increased intensity.

- **Advanced Strength Training**: Introduce more challenging workouts to build strength and endurance.
- **Nutritional Education**: Deepen understanding of macronutrients and their role in weight loss.
- **Behavioral Strategies**: Develop strategies to overcome barriers and maintain motivation.
- **Mid-Point Evaluation**: Comprehensive review of progress with feedback from Bethanne.
- **Medical Support**: Continued medical guidance with Medical Professional, if needed, to ensure safe progression in the program.

Weeks 7-8: Overcoming Plateaus

Objective: Address any plateaus and continue progressing towards your goals.

- **Dynamic Workouts**: Incorporate high-intensity interval training (HIIT) to boost metabolism.
- **Plateau Busting Techniques**: Learn strategies to overcome weight loss plateaus.
- **Community Support**: Engage with peers for encouragement and shared experiences.
- **Progress Review**: Adjust goals and plans based on current progress.
- **Health Check**: Evaluate health improvements and discuss any concerns with a medical professional.

Weeks 9-10: Refinement and Personalization

Objective: Fine-tune your approach for sustained success.

- **Strength Training Mastery**: Focus on perfecting technique and maximizing workout efficiency.
- **Tailored Nutrition Adjustments**: Make personalized modifications to your meal plan.
- **Mental Resilience**: Strengthen mental fortitude to support long-term success.
- **Feedback Session**: One-on-one session with Bethanne to refine strategies.
- **Medical Review**: Final assessment with a healthcare provider to ensure readiness for program completion.

Weeks 11-12: Transition to Independence

Objective: Prepare for maintaining a healthy lifestyle independently.

- **Sustainability Practices:** Learn how to maintain your progress beyond the program.
- **Final Fitness Assessment:** Evaluate progress and celebrate achievements.
- **Graduation and Reflection:** Reflect on journey, share experiences, and set future goals.
- **Program Conclusion:** Receive a personalized action plan for continued success.
- **Final Medical Consultation:** Discuss long-term health maintenance strategies with a medical professional.

Pricing plan/Ala Carte prices:

- **Weekly Zoom Call (5-15 minutes) 1call/week \$20 per week**
- **Weekly Zoom Call (5-15 minutes) and text support 1call/week \$25 per week**
- **Weekly Zoom Call (5-15 minutes) with text support and weekly food journal review \$40/week**
- **4 Week Starter Program \$399 Installment plan available \$99.75/week**
- **8 Week Accelerator Program \$699.00 Installment plan available \$88/week**
- **12 Week Full Transformation Program \$999 Installment plan available \$83.25/week**