WHAT'S INSIDE STRENGTH TRAINING FOUNDATIONS

Welcome to STRENGTH TRAINING FOUNDATIONS! This document includes all your Getting Started details - take your time and review it carefully. Bookmark this document as it includes links and access to resources you will want to reference often. *I can't wait to dive in, roll up my sleeves, and work with you! - Dana Wildeboer*

This is a 3 Month (12-week) PRIVATE 1:1 Coaching container that includes the following:

1. **BESPOKE WEEKLY PROGRAMMING:** No guess work here. Know exactly what you are supposed to do when in the gym, at home, and in the kitchen in alignment with your goals.
2. **SIX 1:1 COACHING CALLS:** Each call is private and focused directly on you. Calls are 30 minutes of dedicated coaching every two weeks so you can stay on track and accountable.
3. **ONE 45-MINUTE ONBOARDING CALL:** To help you set your path to clearly see where you're starting and where you want to go.
4. **WEEKLY VIRTUAL CHECK-INS:** To track your progress over time using quantitative data and qualitative insights you record yourself.
5. **ACCESS TO THE FIVE PILLARS OF HEALTH FRAMEWORK:** My personal framework to support overall health and strength so that you can prioritize and build sustainable habits.
6. **MONTHLY PERSONAL TREND OBSERVATIONS AND CHARTS:** Unique created from your checkins shared every 4 weeks from check-ins so you can see the change you are creating.
7. **MONTHLY OFFICE HOURS:** To keep you connected to the entire Wildefit community and learn from other people's questions.
8. **COMMUNITY ACCESS:** A private platform for all current and active WildeFit Coaching clients to connect, learn, and share. (Currently under construction; expected launch date is Sept 30, 2026)
9. **OPEN COMMUNICATION:** with Dana via the client portal and email so you can get your questions answered quickly.
10. **ADDITIONAL RESOURCES:** Founding membership subscription to Muscle Moments, weekly mindset prompts, and community events so that you can connect to credible industry leaders and information.

Join here | Schedule a call here

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Questions? Contact Dana Wildeboer at yo@wildefitcoaching.com or text 610.819.5510