

Life Unlimited Coaching Program Outline

You can expect to lose anywhere between 20-50+ lbs depending on the timeframe, (we have people who have worked with us for 4+ years) while improving your relationship with food so you no longer stress or obsess over what to eat, and feeling a total sense of confidence in maintaining your results for life. Many of our clients are busy but driven men and women who value time with their families and want something that allows them to improve their body composition while still being able to enjoy their family and personal lives.

We'll work 1:1 together on the following things:

1. **Mindset Mastery.** We believe that real change begins in your mind. I'm talking about optimizing the way you talk to yourself, feel, perform, recover, HOW you see WHAT you see when you look in the mirror. WHY you do the actions that you do and what drives those actions. We break down mental blocks most didn't even know they had. Removing those self sabotaging behaviors like trying to be perfect all the time so you no longer have to feel guilty enjoying dinner or even desserts with your family and friends. You will be ready to face any and all challenges as we wade these currents together. This process will explain why no other program has worked for you and why it wasn't your fault.

You know how to follow a plan.. you just need the right plan for YOU.

2. **Metabolic Mastery.** It's much easier to lose fat sustainably when your mind and body are properly taken care of. Our entire goal of this aspect is fueling your body in a way that allows for efficient and permanent body fat loss. We teach you how to eat and move in a way that supports your metabolism so you're working *with* your body instead of fighting against it. That means tailoring a specific nutrition plan for *your* body and goals, along with a movement and training plan that allows for optimal health and results.

This is often a process that most people skip because they want lightning fast results.

Unfortunately, skipping this phase simply delays progress in the long run. The benefits of mastering this extend beyond supporting your fat loss and body composition goals. It's about health and longevity as well. We are literally removing stress and ensuring your metabolism stays well functioning for the long haul.

3. **Life Mastery.** Losing fat and never gaining it back should not make you miserable. However, many people embark on programs that don't allow for real life to happen. You slip up once and you feel like a failure.

That's a red flag.

We want you to live life on your terms while achieving the body you desire.

That means that social events, alcohol, family dinners, date nights, and foods you enjoy are an important part of the process.

We'll teach you how to navigate vacations, holidays, and even just a crazy Tuesday night with the kids so that you know how to handle them better in the future. And you'll learn how to create the flexibility you need to support your busy schedule, while still getting the results you're after.

We'll help you create a fitness routine that actually aligns with your life now, and put it together in a process that feels simple, and almost effortless.

Many of our clients are busy parents and professionals that juggle work, family, and fitness. This process has to make sense for all the demands in your life in order for the results to last forever.

Simply put.. if your body doesn't look the way you want it to look right now, it means you haven't found the right plan... yet

But what if we did it all for you, and for you specifically?

Our ultimate goal is to make it FIT and make it feel EASY

We address the above items in the order that will make the most sense for you and your unique situation. We make changes based on what's working best.

The Life Unlimited Difference

1. Our team will take care of setting up and monitoring your plan to find exactly what your body responds to and what makes you feel your best. This will also include mindset coaching, habit creation, and integrating everything into your lifestyle.

You get weekly check-ins (calls, video messages, emails, or whatever communication style works best for you) and 24/7 support to help you through this process. Each week at the check-in, we look at your progress and make specific recommendations on what exactly to change or implement in the following week.

2. Our team prioritizes customization with your workout program too! We will write your plan based on what you have access to, your schedule, your goals, and your lifestyle. We believe that your training should enhance your energy and life, not detract from it. Many people think they've had truly personalized workouts before, but once they start working with us, they realize there's a whole other level.

The level of care, community, and accountability in the Life Unlimited Coaching program is unmatched. Our goal as coaches is to ensure that you have everything you need to go out there and win, because that's the only way we win too. Your results are just as much ours, and we make sure that we do all we can to give you a specific formula that works for you, and you specifically.

In order to qualify to work with us you must meet the following criteria:

- **You're truly committed.** We work best with individuals who want to attack their goals, follow through on their commitments, and are truly ready to become the best version of themselves over the next 6-12+ months.

- **You are tired of the mental energy you've spent trying to figure this out on your own** or with other programs that don't work. This has been eluding you for long enough and you're ready to finally be done with the wasted time and energy you've spent spinning your wheels.

The investment in this program will depend on the timeline that you choose that best fits your goals. Overall, you can expect it to be a low to mid four figure investment, but we can easily split that up into a payment plan that works best for your budget if this is something you're feeling ready for.

The next step is simple...

If this sounds like what you've been looking for.. [Book a call here](#) so we can have a chat.

We'll have a quick conversation to make sure that it's a fit on both sides and if we both decide to move forward, we'll get you started right away.