

GoElite Fitness Presents

BUILD THE HABIT

1-ON-1 COACHING | ROADMAP

In-Person or Virtual | Year-Long Transformation Setup

(Available Quarterly or Full-Year Commitment)

Virtual clients receive the same roadmap, structure, accountability, and coaching — delivered remotely with the same standards.

IMPORTANT NOTICE

If you're here, chances are you've already experienced:

- Restarting over and over
- Random workouts
- Short-term motivation
- No real structure to follow

Build The Habit was built for people who are done guessing.

This is 1-on-1 coaching inside a structured roadmap — designed so you always know:

- What you're doing
- Why you're doing it
- What comes next

You can invest into your personal roadmap quarterly, or commit to the full year.

Either way, you're stepping into a system designed to move you forward — not burn you out.

Progression Over Perfection.

— *Mr. Elite*

WHAT THIS ROADMAP ACTUALLY LOOKS LIKE

Build The Habit is a 1-on-1 coaching roadmap built for people who are tired of restarting.

Not random workouts.

Not hype.

Not short-term motivation.

This is structure, systems, and accountability — designed to help you:

- Train with intention
- Eat with consistency
- Live with structure

You can invest into your roadmap quarterly or lock in the full year transformation.

Either way, the mission stays the same:

Build habits you can keep.

THE YEAR-LONG ROADMAP

(Quarterly Structure)

Build The Habit is a complete year-long transformation, delivered across four connected quarters.

Each quarter builds on the last.

Quarter 1 — Easy Does It (*Foundation Phase*)

This is where everything starts.

Month 1: Connect 4

- Learning movement
- Building basic conditioning
- Establishing routine
- Creating confidence

No rushing — just consistency.

Month 2: 9 to 5

- Workforce mentality
- Progressive resistance
- Time under tension
- Discipline over motivation

Month 3: Earned Not Given

- Strength development

- Control and intent
- Mental toughness
- Ownership of your process

This first quarter sets the foundation for everything that follows.

WHAT HAPPENS AFTER THE FIRST 90 DAYS?

After **Quarter 1**, clients move into **Quarter 2: *Clocked In, Locked In*** — where structure tightens, expectations rise, and consistency becomes non-negotiable.

From there, each quarter continues building:

- Strength
- Discipline
- Lifestyle execution

You can:

- Continue investing quarter by quarter, or
- Lock in the full year roadmap

Both options are available.

HOW 1-ON-1 COACHING WORKS

Your roadmap is built around you.

Train with your coach:

- 2 days per week
- 3 days per week

No matter which option you choose:

- In-person or virtual sessions are fully coached
- Off days are programmed, not guessed
- You have structure all 7 days
- Accountability doesn't stop when the session ends

You're never left wondering what to do.

You carry your personal roadmap with you 24/7 — and that level of clarity is priceless.

NUTRITION & FUELING STRUCTURE

Nutrition is not a template.

It's part of the system.

Your coaching includes:

- A personalized nutrition plan
- Meal prep guidance
- Grocery lists
- Portion & balance education
- Weekly structure you can actually follow
- Adjustments as your body and schedule change

This isn't dieting.

It's fueling with intention — so your training and lifestyle stay aligned.

Additional support may include *(when applicable)*:

- Smoothie & recovery guidance
- Health hacks & fueling strategies
- Performance-support tools and resources

You're not just training —
you're learning how to fuel your body for life.

ACCOUNTABILITY & GUIDANCE

This is where most people struggle on their own.

Build The Habit doesn't rely on motivation — it's built around structure and follow-through.

Inside the roadmap, you receive:

- Consistent check-ins
- Clear expectations
- Adjustments when life happens
- Guidance that keeps you moving forward

Support doesn't stop at the gym or the screen —
it carries into how you train, eat, and show up daily.

WHO THIS IS FOR

Build The Habit is for people who:

- Are done restarting
- Want a clear system, not hype
- Value guidance and accountability
- Are serious about long-term change
- Are willing to follow a process

This is for people who want structure they can lean on,
not motivation they have to chase.

If you're looking for shortcuts, this will feel uncomfortable.

If you're ready for an all-in-one system that removes guesswork, this will feel relieving.

WHY BUILD THE HABIT

Most people don't fail because they're lazy. They fail because they're trying to build results without a system.

Build The Habit exists to remove confusion.

You're not:

- Piecing things together
- Guessing what to eat
- Wondering what workout to do
- Restarting every few weeks

You're following a roadmap.

A roadmap that connects:

- Training
- Nutrition
- Habits
- Accountability

All working together.

This is what separates Build The Habit from everything else.

Not more effort —

better structure.

When your training, food, and routine finally make sense together, consistency stops feeling hard.

That's the shift.

PRICING CONTEXT

****IMPORTANT****

We encourage you to do your own research — *(yes, we even went ahead and did it for you.)*

Most people compare coaching by session price only, and that's where things get misleading.

The pricing link below breaks down:

- What local gyms and personal trainers actually charge
- What's usually not included
- Why Build The Habit is priced the way it is

You'll see real numbers, real comparisons, and real context — so you can make a confident decision without guessing.

Availability is intentionally limited to protect coaching quality — pricing and access adjust as capacity fills.

HOW TO START

If this feels like something you've been looking for, the next step is simple.

Start with a FREE strategy call.

This is not a sales call.

It's a clarity call.

On this call, we:

- Learn where you're starting
- Understand your goals and schedule
- Identify what kind of structure you actually need
- Decide if Build The Habit is the right fit

From there, qualified calls move directly into a discovery process where your personal roadmap gets built.

No pressure.

No guessing.

Just a clear next step.

Please View Price Comparison

Done For You Research on your local gyms and private trainers!

Pricing Link  [Pricing Comparison](#) 

(Full comparison + breakdown— BTH starting price)

Ready To Build The Habit?

Book your *Free Strategy call* today

Free Strategy Call  [Free Strategy Call](#) 

(Your starting point — clarity first)