

# Fit Body Way

## Strategy Session Pre Frame Video Script

Hello future Fit Body Member!

Welcome again to our fitness family!

My name is Coach Bryce and this video serves to prepare you for your upcoming Strategy session which is THE most important aspect of your trial program.

Looking ahead, please know that we are excited to meet you, coach you and support you.

Now to ease any nerves and better prepare you for your upcoming Strategy Session, here is an overview of things we will cover....

Your strategy session will take approximately 45 minutes and is the best opportunity during your trial program where we can sit down with you 1-1 in a private setting to gather your starting measurements.

This will allow us to achieve a better understanding of your current fitness level.

We will then:

- Identify your specific fitness and fat loss goals
- Collect some feedback on your first couple weeks of workouts
- Provide some education around our program, so you can better understand how we will help you achieve your personalized goals
- Answer any questions or concerns you might have thus far
- And if you have interest....discuss some customized program options for you to continue to train with us past your trial.

So ultimately, this strategy session serves as the foundation on how we will help support & coach you to achieve success, which is also how we have helped thousands of clients achieve their fitness goals & transformations.

This all in mind, please don't take it just from me...

Here are some insights from a few of our clients that have achieved great success with our program due to the support provided in their Strategy Sessions.

TESTIMONIALS

Ok, so now you are prepared!

Just please be sure to arrive on time with a positive attitude and ready to learn, so we can help achieve the success that you deserve!