

PULL AND GO FITNESS LLC

575 Wekiva Crest Drive

Apopka, Florida 32712



Online Coaching Agreement

Weight Loss Coaching / Body Transformation for Truck Drivers & Busy Lifestyles

Coaching services provided by Pull and Go Fitness LLC are designed specifically for truck drivers, shift workers, and individuals with demanding schedules who want to lose weight, build strength, and improve overall health without relying on traditional gym access.

Coaching is delivered through email, text messaging, and scheduled phone or virtual consultations to accommodate long driving hours, travel, and unpredictable work schedules.

A 3-month commitment is required to begin coaching services. This timeframe allows for realistic habit building, physical progress, and long-term lifestyle change. After the initial 3-month period, coaching will automatically convert to a month-to-month program unless canceled by the client.

Coaching Offers

- Unlimited access to email and text communication for on-the-road support
- Personalized meal plans designed for truck stops, convenience stores, fast food, grocery stores, and simple meal prep
- Weekly meal plan adjustments to fit route changes and schedules
- Customized workout plans using resistance bands, bodyweight, or minimal equipment

- Workouts that can be completed in the truck, at rest stops, hotels, or at home
- Weekly workout plan adjustments based on time, fatigue, and schedule changes
- Weekly goal-setting focused on consistency and progress, not perfection
- One scheduled consultation per week (phone or virtual)
- Accountability, motivation, and support tailored to life on the road

Consultations

During weekly consultations, we will review your current route, work schedule, food access, workouts, progress, motivation, challenges, and upcoming plans. Adjustments will be made to your nutrition and training plans to ensure continued progress despite long hours, limited space, and changing conditions.

The coaching focus is on doing what is realistic and sustainable, even when time, equipment, and energy are limited. Weekly goals will be set to keep you moving forward without guilt or burnout.

Program Philosophy

Pull and Go Fitness is built around flexibility, structure, and long-term results. Missed workouts, long driving days, and unpredictable schedules are expected and planned for. The goal is steady improvement through consistent effort—not perfection.

Program Details

Professional Meal Plan

A customized daily nutrition plan designed for truck drivers and busy schedules. Meal plans are built around realistic food options such as truck

stops, convenience stores, fast-food locations, grocery stores, and simple meal prep when available. Plans are based on your goals, calorie needs, allergies, and food preferences, with flexible eating times to fit driving hours, routes, and DOT schedules. Calories and macros are calculated to support steady, sustainable progress.

Professional Workout Plan

A personalized workout plan designed for limited time, limited space, and minimal equipment. Exercises are listed clearly with sets and reps and can be performed using resistance bands, bodyweight, or minimal equipment. Workouts can be completed inside the truck, at rest stops, hotels, or at home.

Exercise demonstrations can be easily found on Google or YouTube, and clients may contact their coach with questions at any time. Cardio recommendations are included when appropriate and adapted to walking, movement breaks, or other realistic on-the-road options.

Supplement Plan

An optional supplement guide tailored for truck drivers and busy individuals. Recommendations focus on simple, practical supplements that support energy, recovery, and overall health, including basic vitamins when appropriate. Supplements are optional and adjusted to fit your lifestyle.

Rescheduling Policy

If a consultation needs to be rescheduled due to route changes, delays, or work demands, 24 hours' notice is required whenever possible. Flexibility is provided with the understanding that trucking schedules can change unexpectedly.

Billing

- Program: Weight Loss & Body Transformation Coaching

- Client: _____
- Billing Type: One-Time Program Payment
- Program Length: Customized Coaching Package
- Payment Method: Electronic (Square)
- Transaction Fee: Included

Total Amount Due

\$1,699.00

Payment is processed electronically and must be paid in full prior to the start of coaching services.

Cancellation Policy

- If the client chooses to cancel before completing the 3-month commitment, the remaining balance of the program is due
- After the initial 3-months are completed, no cancellation fees apply
- After 3-months, a 30-day cancellation notice is required for ongoing month-to-month coaching

Agreement

By signing below, I acknowledge and agree to the terms and policies of the Pull and Go Fitness LLC weight loss and body transformation coaching program designed for truck drivers and individuals with busy lifestyles.

Name: _____

Phone Number: _____

Date of Birth: _____

Address: _____

Signature: _____

Date: _____