

# FOUNDATION *versus* PERFORMANCE

## PROGRAM OPTIONS

<div>Foundation</div> <div>Structure, consistency and accountability for self-motivated clients</div>	<div>Performance</div> <div>Progress tracking, adaptive programming and guided nutrition</div>
Training Decisions	
<div>Clients decide weight and progression using provided education</div>	<div>Coach prescribes reps, weights and progression weekly</div>
Workout + Nutrition Adjustments	
<div><ul style="list-style-type: none"><li>Monthly workout adjustments by coach</li><li>Macro targets adjusted as needed</li></ul></div>	<div><ul style="list-style-type: none"><li>Weekly workout adjustments</li><li>Macro guidance with meal-planning support</li></ul></div>
Responsibility	
<div><ul style="list-style-type: none"><li>shared</li><li>client-led</li></ul></div>	<div><ul style="list-style-type: none"><li>coach led</li></ul></div>
Learning Style	
<div><ul style="list-style-type: none"><li>self-directed</li><li>resources provided to guide independent decisions</li></ul></div>	<div><ul style="list-style-type: none"><li>guided</li><li>corrective</li></ul></div>
Ideal For	
<div>Clients who want structure, education and autonomy</div>	<div>Clients who want fewer decisions and faster course corrections</div>

# FOUNDATION *versus* PERFORMANCE

## CHECK-INS + FEEDBACK FLOW

### Foundation

Structure, consistency and accountability for self-motivated clients

### Performance

Progress tracking, adaptive programming and guided nutrition

### FEEDBACK

- Log in app daily
- Monthly detailed feedback form
- Completed 3-5 days before check-in

- Log in app daily
- Weekly short feedback form (5-7 questions)
- Monthly deep-dive feedback form

### CHECK-INS

- 1 x 30-minute Google Meet session per month
- Review trends, progress, obstacles
- Adjust workouts and macro targets monthly

- 2 x 30-minute Google Meet sessions per month
- Planning + course correction

### BETWEEN CHECK-INS

- Messaging for simple clarification questions
- No weekly programming changes
- No form checks

- Weekly workout adjustments
- Prescribed reps and load targets
- Form check videos with feedback
- Priority messaging

# FOUNDATION *versus* PERFORMANCE

## CHECK-INS + FEEDBACK FLOW

### Foundation

Structure, consistency and accountability for self-motivated clients

### Performance

Progress tracking, adaptive programming and guided nutrition

### FOUNDATION COACHING MIGHT BE RIGHT FOR YOU IF:

- Are comfortable choosing weights and progressing independently
- Want education so you can self-manage long term
- Prefer fewer check-ins
- Don't need weekly oversight
- Are disciplined and consistent on your own

### PERFORMANCE COACHING MIGHT BE RIGHT FOR YOU IF:

- Want exact reps and weight guidance
- Second-guess your training decisions
- Want form feedback to avoid mistakes
- Prefer regular oversight and accountability
- Want faster course correction

### BETWEEN CHECK-INS

- Messaging for simple clarification questions
- No weekly programming changes
- No form checks

- Weekly workout adjustments
- Prescribed reps and load targets
- Form check videos with feedback
- Priority messaging