



## Silver Package

[SILVER PLAN PAYMENT LINK](#)

### Guided Programming | Moderate Accountability

The Silver Package is designed for individuals who want structure **and** support—without the intensity of full weekly coaching.

This package includes a personalized training program aligned with your goals, experience level, and training environment, along with **bi-weekly check-ins** to review progress, address challenges, and adjust programming as needed. These regular touchpoints provide accountability, clarity, and course correction while still allowing flexibility and independence.

Silver is ideal for those rebuilding consistency, navigating busy schedules, or transitioning into a more disciplined routine. You're not left on your own, but you're also not micromanaged—support is present, intentional, and responsive.

The Silver Package bridges the gap between independence and full coaching, offering guidance that keeps you moving forward with confidence and momentum.

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