



*Discover the Catholic approach to fitness*

The Hypuro Fit Monthly Coaching Plan includes a 30-40 minute video call every month with your coach to pray together, discuss recent victories and challenges, set new goals to work on, and develop a sustainable plan for success (plus anything else a client would like to discuss).

In addition to these monthly video calls you will have access to the Hypuro Fit app, where you will be able to communicate via text with your coach 24/7, set new habits and goals to work on, track your progress on a variety of metrics (workouts, sleep, weight, nutrition, etc.), view your earned badges and milestones, and interact with a full library of training content.

While coaching will primarily be focused on helping improve one's physical health, you will also have the chance to set goals in other areas of your life, for example: Starting a new daily prayer habit, prioritizing self care, finally getting to that project you've been putting off, etc.

All coaching is guided by a client's unique "North Star Goals" (big, long-term goals discussed and discovered during the very first "Kickoff Call"), along with numerous "Stepping Stone Goals" (small, short-term goals) that will help guarantee success along the way.

As your coach, I'll be your guide, ally, cheerleader, sounding board, accountability partner, and prayer warrior, doing everything I can to help you become your BEST self – body, mind, and soul!

I'd love to team up with you! 🎉

Email: [Greg@HappyHealthyandHoly.org](mailto:Greg@HappyHealthyandHoly.org)

In Christ,  
Greg

Website: [HappyHealthyandHoly.org](http://HappyHealthyandHoly.org)

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**Cost:** \$195/month (6-month commitment) for ALL of the above – With a certified health and nutrition coach who is also a devout Catholic dedicated to helping you be a happy, healthy, and holy saint! 💪😊🏆

**Compare to traditional coaching:** A secular trainer will charge you \$60-100 per gym session, with no nutrition coaching, goal-setting, encouragement, prayer support, or extra accountability (basically, *zero communication*) until your next paid session. Three sessions a week will cost you between \$720-\$1,200/month and you *still* won't have received the kind of support and guidance truly needed to change your life and guarantee long-term success! Not the best deal if you ask me... 😊

