

Exercise & Movement



Exercise is the body's stimulus for change

Your custom 2nd pillar plan will teach you:

F.I.T.T.

Frequency
Intensity
Time
Types of Exercises

Supplementation



Fill nutrient gaps with a personalized plan to maximize results

Your custom 3rd pillar plan will teach you:

How to fill your essential nutrient gaps
Professional guidance for supplementation
How to accelerate your results

Coaching & Accountability



Regular coaching and feedback makes all the difference

Your custom 4th pillar plan will teach you:

The importance of coaching and how a coach can teach you how to make your journey:
Fun
Safe
Effective
Motivating

Nutrition



Nutrition is 100% responsible for exercise-induced results

Your custom 1st pillar plan will teach you:

CALORIES: Your daily calorie intake based on your health goals

COMPOSITION: Personalized nutrition choices to feel your best

TIMING: Perform better and recover faster



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