

Mia Spuler Coaching Programs

Full Nutrition & Training Programs:

Transformation Packages

4-Week Fit & Lean Plan

- 4 weeks of structured training
- Basic nutrition plan or flexible macro targets
- Weekly check-ins
- Habit tracking and direct feedback from me via trainerize
- Message support via trainerize

8-Week Body Recomp Program

- Fully customized workouts (updated every 4 weeks)
- Full nutrition coaching (macros + adjustments)
- Weekly progress check-ins & feedback
- Optional form video feedback
- Messaging support anytime via Trainerize

12-Week Full Coaching Program

- Personalized workout program, updated every 4 weeks
- Full nutrition plan with meal ideas & ongoing adjustments
- Weekly check-ins & habit coaching
- Unlimited message support anytime
- In-depth supplement, micronutrient, macronutrient, and nutrition hack guidance included

Premium Concierge Coaching (VIP Client Experience)

- Exclusive, all access, and high accountability coaching

- Fully personalized training + nutrition, with priority support
- Weekly check ins - Option for video calls - Habit coaching - Deep dive into progress and strategy
- Unlimited WhatsApp/text access with VIP-level responsiveness
- Sleep, stress, and supplement optimization coaching
- Meal prep coaching & grocery store guides
- Access to my full knowledge base of nutrition hacks, food hacks, and fitness strategies
- Longer programs get more personalized attention and valuable insights to accelerate your results

Nutrition Only Packages:

Macro Mapping

- Personalized macros based on your goal
- 1–2 sample days of meals
- 15-min call or video explanation

4-Week Nutrition Reset

- Customized macros and portion guide
- Weekly nutrition check-ins
- Access to recipes and grocery lists
- Unlimited text support anytime

8-Week Nutrition Coaching

- Customized macros, portions, and micronutrients
- Weekly check ins with detailed nutrition information
- Recipe library and grocery lists
- Unlimited text support
- Comprehensive coaching with advanced nutrition and food hacks

Training Only Packages:

Custom 4 Week Training plan

- Personalized workouts
- Video demos in Trainerize or personal videos
- Weekly check ins
- Unlimited text support

8 Week Progressive Program

- Personalized workouts with progress evaluations after 4 weeks
- Updated training plans based on progress
- Weekly check ins with form and adjustment feedback
- Unlimited text support

12-Week Full Strength Training

- Complete workout program, updated every 4 weeks
- Full coaching with adjustments and feedback
- Weekly detailed progress reviews
- Enhanced guidance on supplements, nutrition hacks, and training strategies

Note: The longer the program - the better the value and the more in-depth support and exclusive knowledge you'll receive. I'm committed to helping you reach your goals by sharing everything I know about nutrition, supplementation, and effective training.