Fitness Coach's Ultimate Tech Guide

Setting Up Your Notion Workspace

Fitness Coach's Ultimate Tech Guide

How you can use Notion to revolutionize your business

By Godwin Austen Labs

Godwin Austen Labs partners with fitness trainers and coaches to enhance client acquisition and boost sales within 90 days. We operate on a risk-reversal basis: no fixed retainers—pay only for results.

We guarantee to fill your calendar with qualified appointments ready to make purchases, and you won't be charged for what we don't deliver.

Saad Naik
Founder & CEO
Godwin Austen Labs

ceo@godwinausten.org

Introduction

This guide is designed for coaches struggling to adapt to technology and organize their content efficiently. It offers actionable steps and ready-to-use Notion templates tailored specifically for coaching businesses.

In just 15 minutes, you can implement a new management system in your business—completely free.

The guide is divided into two parts: Part 1 focuses on adapting to technology, while Part 2 covers the core content.

Part 1: Adapting to Tech

- **Why Notion?**

- Notion is the perfect tool for coaches: it's free, highly customizable, and serves as an all-in-one platform for content management, client tracking, and business organization.
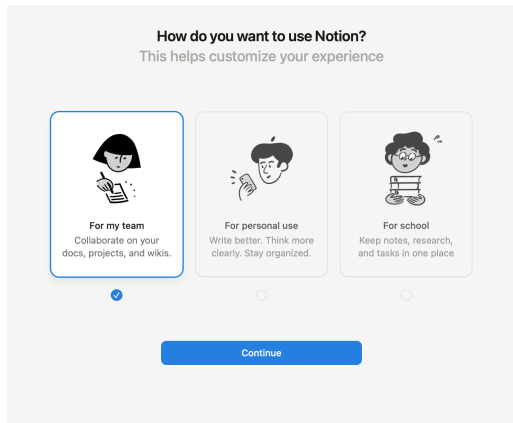
- **Step-by-Step Setup Guide**

- Creating a free account on [notion](#) and set-up for team use.

- Give a suitable Workspace name for your Notion space.

- Once you've set up your first "Coaching Dashboard", it will be your central hub.

- You can always customize your Notion workspace as per your need.

Part 2: Organizing Your Coaching Content with Pre-Built Notion Templates


The Power of Pre-Built Templates

• Our custom-designed templates are crafted to simplify content management, streamline session planning, and boost productivity. These templates are pre-configured with sections tailored for coaches, including client management, session notes, and content libraries. Just go to the templates and click the Duplicate button on top right corner.

Template: Personal Trainer Hub

Personal Trainer Hub is an all-in-one template designed to manage exercises, clients, and training schedules. It consists of three sections:

1. **Client Management System**

The Client Management System contains all essential information about your existing clients, and you can create additional client profiles as needed.
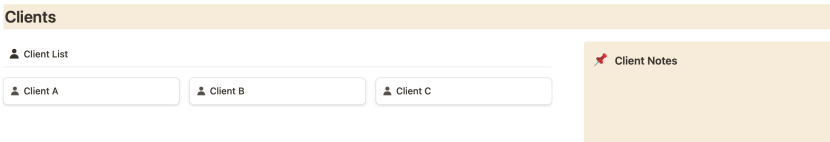
Each client has their own panel where you can manage check-ins, training plans, and the programs they are registered in.

Client A

○ Training Cycle   Macrocycle 1   Mesocycle 2   Microcycle 3

📅 Date   March 1, 2024 → March 31, 2024

🏆 Goals   Lose weight   Improve cardiovascular health

📌 **Client Notes:**
- Client A can't train on Monday due to a personal commitment.
- Client A experienced difficulty with exercise X

Check-Ins

📌 Month Day, 20XX
- Significantly improvement on back squat ROM
- Client started cycling for 20 minutes x2 per week

📌 Date
- List

📌 Date
- List

✏️ New Note

Training Plan

🏋️ Daily Training Focus

💪 Example Lowerbody Workout
Sunday

💪 Example Upperbody Workout
Friday

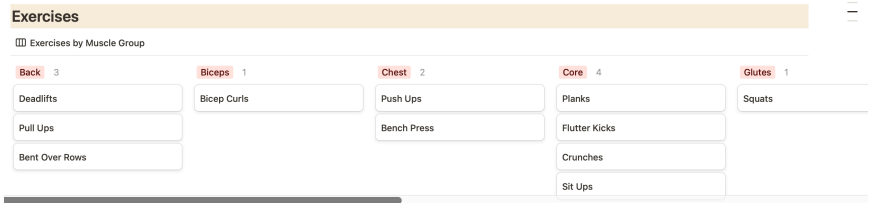💪 Example Cardio Workout
Saturday

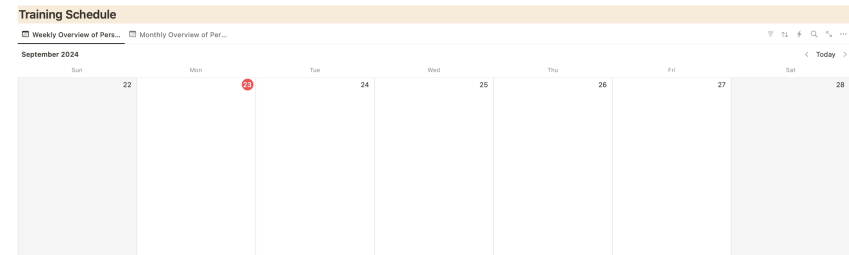---

Program

🏋️ Training Cycle

1️⃣ Microcycle 1
March 15, 2024

2. Exercise Database

All data and instructions related to each exercise can be stored in their individual sections.

Exercises

⊞ Exercises by Muscle Group

Back 3	Biceps 1	Chest 2	Core 4	Glutes 1
Deadlifts	Bicep Curls	Push Ups	Planks	Squats
Pull Ups		Bench Press	Flutter Kicks	
Bent Over Rows			Crunches	
			Sit Ups	

3. Training Schedule Section

This is your personal training calendar, where you can manage your workouts and training sessions with clients. You can also contact us to integrate this with your existing calendar application, free of charge.

Training Schedule

📅 Weekly Overview of Pers... 📅 Monthly Overview of Per...

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28

Download Template

Important note: Book a free discovery session to get personalized guidance and template setup at no cost. Explore our advanced services in tech adaptation, sales, marketing, and business growth. With our risk-reversal model, there are no fixed retainers—you only pay for results. Contact us at team@godwinausten.org to get started.

💡 Link to book a free Discovery Session