

# GET TO KNOW YOUR COACH:

# Brooke

HI! My name is Brooke Evans and I am SO EXCITED TO HAVE YOU as a client! When you sign on with KJO we ask for A LOT of information and I think it's only fair that you get to know me too!

## ON TOP OF BEING A REGISTERED DIETITIAN AND PERSONAL TRAINER AND I AM A...

Daughter, sister, aunt, friend, cat mom to a wonderful baby named Oscar

## HOBBIES:

Hiking, rock climbing, skiing, almost all outdoor adventures

## SOME THINGS ABOUT ME:

I am a *minimalist* at heart

I LOVE to travel and learn the culture of new places

I am a list maker.. *no seriously my lists have lists*

I am allergic to dairy and gluten

I could eat breakfast food for every single meal

I currently live in Pennsylvania but I HATE the cold

Like many, the gym was not ALWAYS my favorite place but I fell in love with fitness and nutrition and I want to help you do the same!



## WHAT YOU CAN EXPECT FROM ME AS A COACH:

**Your goals are my goals.** That's all there is to it. I am just as invested in your success as you are. In order to get there I will be open and honest with you. I'm a straight shooter and I ask that you are as well in order to help you achieve everything you wish for <3

This is a coaching RELATIONSHIP and communication is key from both of us!