



Fit 2 Fly  
w/Coach Erin  
a 4 week program for pilots

# *Hello.*

## **I'm Coach Erin!**

I'm a part-time cloud chaser and full-time pilot healer. I help professional pilots navigate life on the road to ensure they are always fit to fly.

As someone who has worked as a full-time professional pilot, I understand the long days, min rest, mediocre meal options, and lousy hotel gyms.



The secret to a successful tour or rotation is hiding you.

## **Week 1:**

- What is Health & Wellness Coaching?
- How do I help pilots?
- 6 Pillars of Wellness
- Identifying strengths/weaknesses
- Creating a vision
- Identifying motivations, values, emotions

## **Week 2:**

- Habit Formation
- Tools/Resources
- Navigating life on the road
  - Sleep, eating, gym, stress, external factors, etc
- SMART
- Questions - Ask specific questions about anything!

## **Week 3:**

- Check-in
- I share information found from questions from week 2
- Dive deep into pilot POV & expectations while being on the road.

## **Week 4:**

- Reflection
- Feedback



## Results by the Sea

Sea Results, LLC  
Est. 2026

# Week 1 Worksheet

## Strengths & Weaknesses

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## My Vision

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## Motivations & Values

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## Extra Notes

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# Week 2 Worksheet

Specific

Measurable

Attainable

Realistic

Time Bound

Notes



