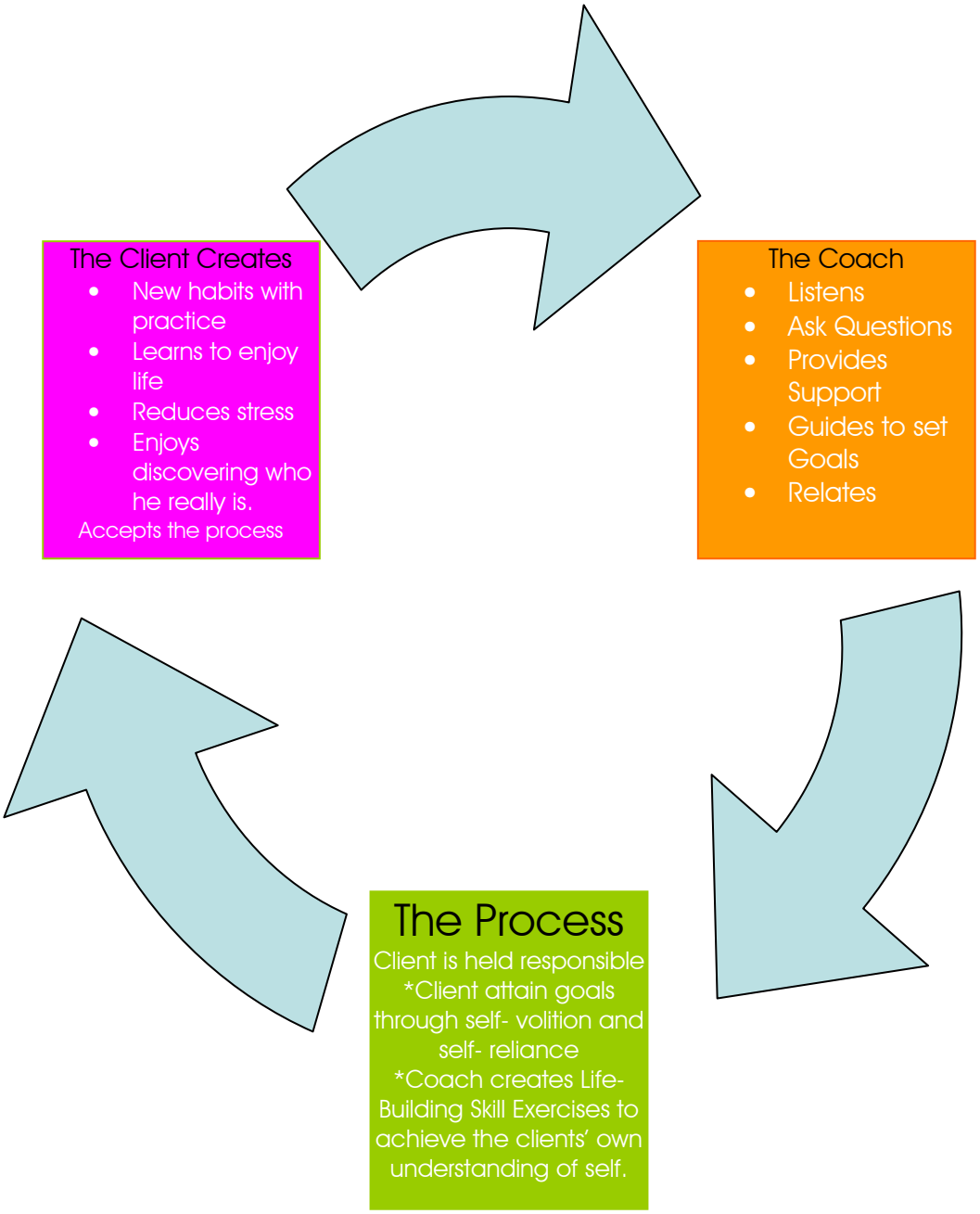Coaching/Fitness Process