Beacon
Health Coach

All of your health apps. One coach who actually sees the full picture.

Sleep, training, food, and recovery in one daily plan - not six dashboards. When the plan changes, you see why.

WHAT IT IS

Beacon Health Coach is coaching software. Not a clinician. Not a medical device. Not a diagnosis. You pick one coach. They do not take turns in your inbox. The plan can change its mind - and tell you why.

WHAT YOU CONNECT

Apple, Google, Strava, Oura, Garmin, Fitbit, Samsung. Screenshots for Strong and Hevy. Skip what you do not use. Strava is read-only. We do not post back.

SIX COACHES. YOU PICK ONE.

Sunny Sparks
Sweet, high-energy, relentlessly positive.

Major Tom
Calm. Precise. Slightly detached.

Sergeant Rex
Drill-instructor energy.

Coach Karen
Slightly cranky. Practical. Right, unfortunately.

Coach Voss
Direct, sharp, high-standard. No cheerleading.

Titan Kane
Dark-humored, savage, still on your side.

BETA AND PRICE

Beta is free. After beta: $20 a month. It drops $5 each month you hit your primary goal. Floor is $5. No fog. If a shop appears, it is disclosed affiliates (Thorne first). Not reseller checkout.

JOIN

beaconhealthcoach.com

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