

Chad Kurosawa

Certified Personal Trainer · Sourdough Baker · Homeschool Dad of Three

I've spent years as a certified personal trainer, helping people build routines that actually stick. Sourdough baking and homeschooling three kids became just as much a part of that life as the training itself. I'm new to creating content for brands — but not new to living this honestly, camera on or off.

PROFESSIONAL SNAPSHOT

Credential	Certified Personal Trainer
Specialty	Health & family lifestyle
Content formats	Unboxing · Walkthrough · Review · Favorites
Service	Full-service: film + edit
Partnership style	Long-term over one-off
Turnaround	5–7 days
Availability	Open now

SERVICES & STARTING RATES

DELIVERABLE	FROM
UGC video (brand to post)	\$150
UGC video + paid usage rights	\$250
Photo set (5–8 images)	\$100
Bundle: 3 videos + 5 photos	\$500
Sponsored feed post	\$150
Monthly content partnership	\$800

Rates shown are starting prices — final quotes depend on scope, usage rights, and exclusivity.

CONTENT FORMATS

01 · UNBOXING First impressions, on camera, unscripted — shown the way a real customer would.	02 · FEATURE WALKTHROUGH A clear walkthrough of what a product or service does — explained plainly.
03 · HONEST REVIEW A straight take after real use — what worked, what didn't, no forced positivity.	04 · EVERYDAY FAVORITES Products already in my daily routine, shown exactly how I use them.

BRAND FIT

Organic & whole-food brands — Ingredients, snacks, and treats that hold up to daily use.

Activewear, fitness gear & supplements — Tested in real training, backed by an actual CPT.

Baking & kitchen tools — Flour, starters, scales, and cookware for a from-scratch kitchen.

Homeschool & family wellness — Curriculum and family-oriented brands for a homeschool household.

Wellness travel & outdoor — Gear and destinations that support staying active away from home.