



Phong Han Tran

December 22, 1980 - April 2, 2026

Phong Han Tran, age 45, of Apopka, Florida, passed away suddenly on Thursday, April 2, 2026, at AdventHealth Orlando Hospital.

Born on December 22, 1980, Phong was the beloved son of Son Tran and Thu Nguyen. On December 21, he married the love of his life, Marie De Jesus, beginning a partnership filled with love, laughter, and shared joy.

Phong is survived by his devoted wife, Marie; his cherished daughter, Emmarie Tran; his loving parents, Son Tran and Thu Nguyen; his sister, Thuy Tran; and his brother, Thomas Tran. He was deeply committed to his family, who were the center of his world.

A passionate and dedicated personal trainer, Phong built a career rooted in strength, discipline, and encouragement. He trained professional bodybuilders and was widely respected for his expertise in fitness and nutritional guidance. More than a trainer, he was a motivator and mentor who inspired others to become their best selves.

Phong embraced life with a vibrant and unforgettable personality. As a December baby, he carried a deep love for all things Christmas, often spreading holiday cheer year-round by wearing festive attire. He found great joy in visiting Disney theme parks with his family, playing guitar, and collecting

fine bourbons. Known for his humor and individuality, Phong was never afraid to stand out—whether dressing in formal elegance or showing up to train clients in a hamburger costume.

He had a rare gift for connecting with others and could make friends wherever he went. His warmth, humor, and authenticity left a lasting impression on everyone he met. Phong will be remembered as a loving husband, devoted father, loyal son and brother, and a truly one-of-a-kind spirit who brought joy and laughter into the lives of many.

He will be deeply missed and forever remembered by all who knew and loved him.

Funeral Services will be held on Saturday, April 18, 2026 at 7:00 pm at DeGusipe Funeral Home & Crematory - Maitland Chapel, 9001 N. Orlando Ave, Maitland, FL 32751.

Visitation will precede the services on Saturday, April 18 from 5:00 pm to 7:00 pm at the funeral home.

Previous Events

Public Visitation & Reception

APR 18. 5:00 PM - 7:00 PM (ET)

DeGusipe Funeral Home & Crematory Maitland Chapel
9001 N. Orlando Ave
Maitland, FL 32751
(407) 695-2273
todd@degusipe.com
<https://www.degusipefuneralhome.com>

Funeral Service

APR 18. 7:00 PM (est)

DeGusipe Funeral Home & Crematory Maitland Chapel
9001 N. Orlando Ave
Maitland, FL 32751
(407) 695-2273
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Tribute Wall

GR

“ *My heartfelt condolences. Phong was an extraordinary person whose mentorship, friendship and leadership had a lasting impact on my life and on so many others. He will be dearly missed but his legacy lives on in all of us.*



Grisell - April 18 at 02:30 PM

JW

“ *Absolutely crushed. The world lost such a genuine person and light. Phong brought the best out of those who were lucky enough to have known him. Being able to be his friend since I was 16 was a true honor and joy.*

*So grateful we were both able to be at one another's weddings <3
Happy memories.*

Sending all my love from afar. I wish I could be there with you all to celebrate the life of one of the best people I've known.



Janell Wheeler - April 18 at 01:15 PM

TR

“ Terri Rauschenberger purchased the Simply Elegant Spathiphyllum for the family of Phong Han Tran.



Terri Rauschenberger - April 18 at 08:28 AM

TR

“ Terri Rauschenberger planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Phong Han Tran.

Terri Rauschenberger - April 18 at 08:28 AM



“ Days of Sunshine Bouquet was purchased for the family of Phong Han Tran.



April 17 at 06:29 PM



“ Enchanted Cottage was purchased for the family of Phong Han Tran.



April 17 at 05:20 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Phong Han Tran.

April 17 at 05:20 PM



“ *Heartfelt Memories* was purchased for the family of Phong Han Tran.



April 17 at 05:04 PM



“ *Sentiments of Serenity Spray* was purchased for the family of Phong Han Tran.



April 17 at 04:50 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Phong Han Tran.

April 17 at 04:50 PM



“ *Enchanted Cottage* was purchased for the family of Phong Han Tran.



April 16 at 04:20 PM

CE

“ Christian, Cecilia, Luis & Ellis purchased the Pea
ceful White Lilies Basket for the family of Phong
Han Tran.



Christian, Cecilia, Luis & Ellis - April 15 at 07:13 PM

NG

“ Nick, Ashley, Ike, Shogun, Walter & Gwen
purchased the Fairest of All for the family of
Phong Han Tran.



Nick, Ashley, Ike, Shogun, Walter & Gwen - April 15 at 12:06
PM

NG

“ Nick, Ashley, Ike, Shogun, Walter & Gwen planted a Memorial Tree in
honor of Phong Han Tran.

Nick, Ashley, Ike, Shogun, Walter & Gwen - April 15 at 12:06 PM

EC

“ Ezra St. Clair purchased the Crystal Cross Bouqu
et for the family of Phong Han Tran.



Ezra St. Clair - April 14 at 04:00 PM



“ Peaceful White Lilies Basket was purchased for the family of Phong Han Tran.



April 14 at 01:26 PM



“ He'll always be in our heart.



Debbie Boggs - April 14 at 02:46 AM



“ Debbie B. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Phong Han Tran.

Debbie B. - April 14 at 02:29 AM



“ Ashley Nguyen purchased the Sentiments of Serenity Spray for the family of Phong Han Tran.



Ashley Nguyen - April 13 at 10:41 PM

AN

“ Ashley Nguyen planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Phong Han Tran.

Ashley Nguyen - April 13 at 10:41 PM

RF

“ Rhonna Clary and Family purchased the Divine Peace Bouquet for the family of Phong Han Tran.



Rhonna Clary and Family - April 13 at 03:44 PM



“ Sentiments of Serenity Spray was purchased for the family of Phong Han Tran.



April 12 at 04:46 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Phong Han Tran.

April 12 at 04:46 PM

DF

“ DeHoop Family purchased the Divine Peace Bouquet for the family of Phong Han Tran.



DeHoop Family - April 11 at 08:59 AM

FH

“ From Cau Dung, Di Nga, An & Hieu purchased the Care and Compassion Spray for the family of Phong Han Tran.



From Cau Dung, Di Nga, An & Hieu - April 08 at 10:10 AM

RT

“ Region 46 Team purchased the Ocean Breeze S pray for the family of Phong Han Tran.



Region 46 Team - April 07 at 07:49 PM

JN

“ The nicest, one of a kind cousin I could've ever been blessed with. I miss you so so much and I will cherish all the memories from our childhood up to adulthood for the rest of my life. I love you forever. Rest easy, Anh Phong 🙏🏻🙏🏻



Julie Nguyen - April 07 at 07:48 PM

GJ

“ Gia dinh Jenny purchased the Guiding Light Bouquet for the family of Phong Han Tran.



Gia dinh Jenny - April 07 at 07:41 PM



“ I'm really going to miss Phong. He was my Gator buddy at the gym, and we both loved chatting it up about the latest in Gator athletics. Prayers for Phong's family and friends.

Blake Newman - April 07 at 12:25 PM

OR

“ 1 file added to the tribute wall



Omar Rodriguez - April 06 at 03:17 PM



“ Sweetest Sunrise Bouquet was purchased for the family of Phong Han Tran.



April 05 at 10:07 PM

SH

“ Sarah H. purchased the Rainbow Of Remembrance Spray for the family of Phong Han Tran.



Sarah H. - April 05 at 04:26 PM

RI

“ Ramos I. purchased the Engraved Tree Tag for the family of Phong Han Tran.



Ramos I. - April 05 at 12:27 PM

NG

“ Nina Gossman purchased the Arrive in Style for the family of Phong Han Tran.



Nina Gossman - April 05 at 09:26 AM

JF

“ Julie and Julio Zeron, Nguyen Family purchased the Sentiments of Serenity Spray for the family of Phong Han Tran.



Julie and Julio Zeron, Nguyen Family - April 05 at 08:25 AM



“ *Be My Love Bouquet with Red Roses was purchased for the family of Phong Han Tran.*



April 05 at 07:45 AM



“ *4 files added to the tribute wall*



Omar Rodriguez - April 04 at 07:48 PM