

Client Getting Started Checklist

- Read the ENTIRE Success Manual.
- Print & Complete your 2016 Goal Sheet
- Print your weekly meal plans & grocery lists
- Set aside time in your schedule to grocery shop and complete meal prep
- Get your “Before” Measurements & Pics
- If you have any questions, ask us! If you need extra help or accountability- that is what we’re here for.
- Have FUN 😊
- Get your Food Journal ready! (*either MyFitnessPal.com or a paper journal*)
- Post your “Weekly Win” on our Private Facebook Page EVERY Friday!
- For accountability, weigh in and test body fat every Monday or Tuesday before your session or enter it into FitClients App on your own.