

Client Getting Started Checklist

- Read the ENTIRE Success Manual.
- Print your weekly meal plans & grocery lists
- Set aside time in your schedule to grocery shop and complete meal prep
- If you have any questions, ask us! If you need extra help or accountability- that is what we're here for.
- Complete initial weigh-ins, and "before" pictures. (If you are an online member email a picture of weight on scale, as well as a frontal/side "before" picture)
- If you are working out live, Get your account set up on MINDBODY and download app on phone.
- For accountability, email me your weight every SUNDAY morning
- Have FUN 😊