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!