

# Little Black Dress 2.0

## Client Getting Started Checklist

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- Read the ENTIRE Success Manual.
- Print & Complete your 2017 “Little Black Dress 2.0” Goal Sheet (front & back) (In your email Friday June 2)
- Print your weekly meal plans & grocery lists (In your Friday weekly emails)
- Set aside time in your schedule to grocery shop and complete meal prep
- Get your “Before” Measurements & Pics
- Download the Zen Planner app to manage your training schedule
- If you have any questions, ask us! If you need extra help or accountability- that is what we’re here for.
- Get your Food Journal ready! (*either MyFitnessPal.com or a paper journal*) ***This is optional but a good habit to make you aware.***
- Post your “Weekly Win” on our Private Facebook Page EVERY Friday!
- Have FUN 😊