



Client Expectations

Commitment: Clients should be committed to their health and wellness goals and willing to put in the necessary effort to achieve them.

Honesty: Clients should provide accurate and honest information about their dietary habits, physical activity levels, and any challenges they may be facing.

Adherence to the plan: Clients should follow the customized nutrition and fitness plan provided to them, including meal guidelines, exercise routines, and any additional recommendations. Supplementation is always at the client's discretion, these are just suggestions.

Regular check-ins: Clients should actively participate in scheduled check-in sessions, to provide progress updates, discuss challenges, and seek guidance. Any updates needed to programming will be completed by your coach while going over your check-in. If you do not check in, your programming will not be updated.

Timely feedback: Clients should provide timely feedback on their experiences with the program, including any concerns, questions, or difficulties encountered.

Accountability: Clients should take responsibility for their actions and choices, acknowledging that they play a significant role in their own success.

Open-mindedness: Clients should be open to learning and trying new approaches, trusting in the expertise and guidance of the coach.

Patience and realistic expectations: Clients should understand that achieving long-term results takes time and that sustainable changes occur gradually. Unrealistic expectations can lead to frustration and setbacks.

Respectful communication: Please first direct any questions to your coach on your check-in day. If you are in between check-in weeks, or you have an emergency, please message your coach via the messaging section of this app. Your coaches work gym hours with in person clients M-F so messages will be checked once in the morning, and once in the afternoon, we will get back to your messages based on their level of importance. But, we will get back to you within 24 hours. We reserve Saturday and Sunday for family time with our son, or for events we are

working or competing in. Messages received on the weekends may not be answered until Monday.

Compliance with app guidelines: Clients should use the app as instructed, including logging their meals, exercise, check-ins, and any other relevant information, as it serves as a valuable tool for tracking progress and receiving feedback.