



Lifestyle

Weekly Check-in Instructions

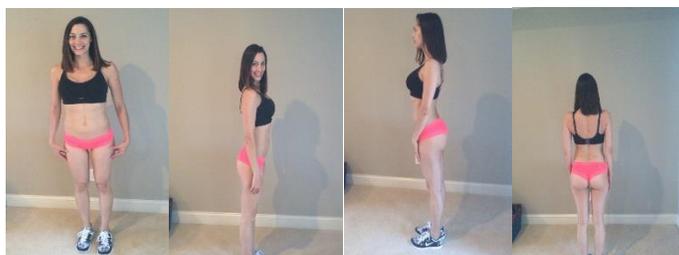
All clients are required to submit mandatory weekly check-ins. This is a crucial part of the program because it holds you, the client, accountable and allows the coach to accurately gauge how your body is responding to the program and make changes to your plan, when necessary.

Below you will find weekly check in instructions:

1) CHECK-IN PICS

Please try to take pictures with the same location and lighting- making sure to get entire body:

- **Clothes:** sports bra or bikini/bra and bikini bottoms or underwear
 - Front
 - Side
 - Back
- **POSES:** You are required to submit in the following poses... please try to take good pictures as these allow us to accurately assess your body and make you the best plan possible



2) BODY WEIGHT- please send with check-in EVERY WEEK

3) Age

4) **Body Circumference Measurements – Measurements are to be sent once per month**

- a. You will need to get a tape measure that sits flush against the body. You can usually find them in the sewing section of any Wal-mart or Target stores and in some Publix.
- b. You should measure the following locations- not flexed:
 - Bicep
 - Chest at nipple line
 - Waist just above belly button
 - Hips
 - Mid- thigh
 - Calf

Visual Guide



CHECK-IN PROCESS-

Weekly check-in is due via text to your coach on Monday morning and via email to teambbccheckin@gmail.com . Failure to submit your weekly check-in for more than one week can ultimately lead to dismissal as a client.

Please include a side by side comparison with the previous Monday's check-in picture on the left and the most recent picture on right (think before and after). Please be sure to take a picture of the completed weekly measurement sheet and submit once per month with your check-in.