



## Communication

Congrats on making the decision to take your fitness and health to the next level by taking part in our Bikini Boss Chicks Online training program. The goal with this program is to get the best results possible so we want to outline a few things to make sure our coaches have all the information they need to write you effective customized diets and tailored workout plans.

Depending on where you are at in your program, you will be required to check in either weekly or bi-weekly. Check-ins are not only a time for you to send us in pics for us to assess but also for you to give us any pertinent info regarding your health, fitness, mental health or anything else which we should be aware and take into account with your plans. **YOU ARE NOT BOTHERING US.** We are here to help you and we cannot help you or give you effective plans if we don't know what's going on. Important information would be anything which is affecting you or your ability to follow your program. For example:

- Extreme hunger
- Exhaustion ( more than tired)
- Depression
- Mental health issues
- Eating disorders ( previous/ current)
- Personal issues ( deaths, divorce, job loss)
- Sickness
- Diseases
- Health concerns

You will be required to send this in with your check-ins to make sure your coach is aware of the issue. We cannot stress the importance of communicating with your coach. We want to give you the best coaching possible so the more information we have from you the easier it is to do so.

In addition to contacting your coach you can always contact us through [customerservice@Bikinibossfitness.com](mailto:customerservice@Bikinibossfitness.com)

Thank you,

Theresa xoxo