

# Client Getting Started Checklist

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- 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!