

Frequently Asked Questions

The TEN Questions That We Get Asked The Most

What advice do you have to make this coaching program a success?

There are three things that can drastically improve your chances of being successful during this coaching program - **consistency, adherence, and patience.**

It's important to not expect immediate changes. All of the outcomes that our clients wish to achieve take time. They also require adherence to the program that is created for you. If you do not follow the plan, it's hard to see results.

How often are you going to adjust my plan?

Your plan is adjusted based on your progress. Sometimes we adjust your plan weekly and other times it might not be for a month or two. **If you are making progress, we do not need to change the plan.** We love to see you continue to cruise right along.

What is the best form of communication? How do I get ahold of you?

Email is the BEST way to communicate with your coach. Email allows us to create a folder for each client and it gives us an easy-to-follow track record of what we discussed and when. **Unless otherwise noted, all emails are answered within 24-hours and typically within 1-3 hours.** Your coach may allow other forms of communication but that is decided on a case-by-case basis.

What days are check-in days and what do you expect to see?

Check-in days are **Monday and Thursday** of each week. Please check-in with your coach by **NOON** as this will allow your coach to make sure they are able to return your check-in on the same day. Make sure that you are sending your coach your spreadsheet on each day, measurements on Mondays, and pictures on Thursdays. It's also important to communicate with your coach and let them in on anything that is going on - how you are feeling, if you experienced any struggles or challenges, do you have any concerns, etc.

If I do not check-in, will my coach follow up with me?

It is the client's job to update their coach on the assigned check-in days. The coach *may* send a follow-up message if they notice a client hasn't checked in. **However, this is not promised or guaranteed.** Effective coaching relies on both the coach and client contributing 100% to the relation. It's outlined in the client expectation sheet that it is their responsibility to check in with their coach. Please, please, please check-in!

Frequently Asked Questions

The TEN Questions That We Get Asked The Most

I blew it this weekend, should I cut back on my calories?

Absolutely not! Weekends are tough and you will have slip ups here and there. The last thing that we want to do is to punish you for over-eating. Let's get back to the diet that you were set up on and focus on being consistent with that! We don't want to create a cycle where you are over-eating and then restricting. Instead, we aim for consistency.

My weight went up from yesterday! Did I do something wrong?

Absolutely not! Your daily weight is going to fluctuate based on a lot of different factors. These factors include water intake, fiber intake, sodium intake, carb intake, glycogen storage, sleep, stress, supplements, medications, muscle soreness, menstrual cycle, etc. It's not uncommon to bounce around 1-2% day-to-day. This is the reason that we recommend clients weigh themselves daily so that we can pull an average from the week. Your weekly average will paint us a much better picture on if progress is being made or not.

Are you going to make me a meal plan?

If you purchased the nutrition coaching, your plan comes with (1) personalized meal plan. You are able to purchase another meal plan or as many as you need from our website store.

[CLICK HERE TO PURCHASE A MEAL PLAN!](#)

Do I have to track my calories/macros every single day?

While we hope to eventually get you to a place where you can track your food intake less, in order to be as successful as you can on this coaching program we recommend that you make it a point to track your macros every single day (weekends included). You paid good money for this program and we want to make sure you are getting the most out of it.

Can I eat food that I did not prepare myself? Like at a restaurant?

While we may be able to guesstimate your calorie intake on these sorts of meals, we recommend that you cut back (for the time being). After working with nearly 1,000 clients we have found that the one variable that tends to hold clients back is the number of meals they are eating that they did not prepare. Small sacrifices can go a long way. While we do not intend to make this a permanent strategy, cutting back during this coaching program can make you even more successful (which is what we want!)

FUN FACT: Eliminating your restaurant meals will save you money which could make this plan pay for itself :)