

CHECK IN PREPARATION

At BPM, we want to make sure you feel supported every step of the way. Each week we will take some time at the start of one of your sessions to ensure we stay on track, be accountable, create strategies and overcome any challenges together.

We will go through the checklist below and discuss your training, nutrition, and overall progress, especially away from the studio. We'll also set a small focus for the week ahead, something clear and achievable.

The weekly check-in is not about perfection. It's about making sure we are maximising our efforts and getting the most out of your BPM program. It also allows us to guide and coach you where necessary.

To get the most from your weekly check-in, review your planner and note alcohol intake, meals, shakes, and extras.

Rate your energy, hunger, and cravings from 1-10.

Record your exercise sessions, then set a clear goal for next week.

Honest reflection prepares you for success.

Planner Reviewed _____

Alcohol _____

Meals Per Day _____

Weekly Exercise _____

Protein Shakes _____

Extras Per Day _____

Energy Level 1-10 _____

Hunger Level 1-10 _____

Cravings 1-10 _____

Next Weeks Goal? _____