

# BPM CHECK IN

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

There may be many changes you're making to your diet and lifestyle, and it can be difficult to remember everything. Our Check In is a time for you to discuss any challenges and address any questions you may have. Establishing a routine, inside and outside the studio is critical for your long-term success

## Goal Setting

1. Have you completed your Weight, Size & Action Goals, and completed your Vision Statement?
2. Are you reading your Vision Statement every morning and every evening?
3. Have you set a weekly non-weight goal?

## Problems or Challenges

What sorts of problems have you encountered so far? Discuss these with your Coach, as together you may find some strategies to make them easier.

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## Meal Planning

1.) How are you going with your meal planning?

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2.) What would make it easier to plan meals?

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3.) How could you make meal preparation more time-efficient?

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## Buddy

Exercise is easier with a workout buddy: someone you can organise to meet and who you don't want to let down. Do you have an exercise buddy? How's it working for you?

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