

90 DAY FIT BABE BODY

WELCOME PACKET



Onboarding Checklist for Coaching

STEP 1: COMPLETE INITIAL ASSESSMENT FORM

Complete your initial assessment form before your initial coaching call. This will take about 20 minutes to complete.

STEP 2: SCHEDULE ONBOARDING COACHING CALL

Click here to book your onboarding call. You'll be doing this call with TSN Coach Kyndall who is our Dietitian who's specialities include fat loss, exercise and eating on the go.

STEP 3: WATCH THE ONBOARDING VIDEOS

Click here to login to the 90 Day Fit Babe Body Portal and watch the onboarding videos. This will take you about 30 minutes to complete.

STEP 4: JOIN THE FBB CIRCLE COMMUNITY

- First Time Circle Users: Click here if you have NOT created an account in the TSN Circle Community.
- Current Circle Users: Click here if you ALREADY created an account in the TSN Circle Community
(If you are already in the TSN Membership, choose this option)

STEP 5: RSVP TO NEXT MONTH'S COACHING CALLS

Coaching calls are posted in Circle (step 4) every month. For us to be able to help you get the best results, attending 5 group calls over the next 90 days is highly suggested.

Important Dates During Coaching

As a 90 Day FBB client, you get access to weekly coaching calls, daily support in our community area and of course, your weekly online check ins with me. That said, here are some important dates to keep in mind as a client as you go through the program so you know what to expect!

WEEK 1: ONBOARDING WEEK

Week 1 (that begins the start date of your contract) is considered your Onboarding Week. This week is when you get onboarded into the coaching program and set up to start. Here is what you will do this week:

- Book your initial call with the Team TSN Dietitian you are paired with
- Attend this call receive your personalized weight loss game plan
- Watch the onboarding videos so you can understand how the program works

VOXER COACHING DETAILS

Your enrollment in Fit Babe Body includes Voxer coaching with Lauren. Voxer is a Walkie Talkie app that you can download on your phone. You can download it [here](#). After your onboarding call, our customer care manager will reach out to you to let you know when your Voxer coaching will be. We like you to spend 2-3 weeks in the program before starting coaching with Lauren. After we have your Voxer handle, we will add you to the schedule and Lauren will reach out to you the weekend before you start.

WEEK 6: MID WAY PROGRESS CHECK IN

Around week 6-7, we will want you to book your mid-way check in call. We recommend booking this on a week where you do not have Voxer coaching. We will include a link to book this call along with your welcome email about Voxer coaching.

WEEK 12: NEXT STEPS

This week you will be sent information on next steps ahead of the end of your 90 days (14 weeks) with us including your options for continuation and next steps.