



Fit Babe Body Onboarding Checklist

STEP 1: Initial Assessment Form

[Complete your initial assessment form](#) before your initial coaching call. This will take about 20 minutes to complete.

STEP 2: Onboarding Coaching Call

[Click here to book your onboarding call](#). You'll be doing this call with TSN Coach Kyndall who is our RD that specializes in macros and exercise.

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.

PS - A few days prior to our first group call kicking off, we'll grant you access to the private group coaching community and send you a calendar invite to join our group coaching calls.