Hi Chasity,

I just wanted to send a quick reminder that you’re scheduled for your free 30-minute consult tomorrow, **June 25 at 9:00 AM (CST)**. I’m really looking forward to connecting with you and seeing how we can best support you on your journey!

I’m Spenser, the Head Coach here at Minimal, and I’m genuinely excited to help you simplify the process and build a plan that feels realistic, sustainable, and tailored to your life. As a coach focused on long-term, sustainable health transformations, I take a whole-person approach — looking at nutrition, movement, sleep, and daily habits to create lasting change.

**A couple of quick housekeeping notes before we meet:  
✅** This call will be held via **Google Meet**. You should have already received the invite — if you haven’t accepted it yet, feel free to do so. If you didn’t receive it, just let me know and I’ll resend it. If you would prefer to talk on the phone, please just let me know so I can be sure to call you at the time of your appointment.

✅ Ahead of our call, I’m sharing a resource I call **The Minimal Daily Vitamins** — a simple overview of foundational habits that create real momentum. We’ll go over these together, but feel free to skim through beforehand.

✅ If you’d like, you can help me come prepared by replying to this email with your thoughts on:

* What you typically eat in a day
* Your current energy levels
* What types of exercise do you enjoy or feel comfortable with?
  + Walking
  + Weightlifting/Resistance training
  + Cardio machines
  + Group classes (e.g., Zumba, Pilates, Bootcamp)
  + Yoga/stretching

Our chat is simply a chance to get to know each other, talk through your goals, explore what’s been holding you back, and see how I can support you in creating meaningful, manageable progress. This doesn’t have to feel overwhelming — and you don’t have to figure it all out alone.

Looking forward to connecting!

Warmly,  
**Spenser**

Hey Chasity,  
  
Great call today! I'm sending over everything we discussed so you have a clear roadmap for this week.

We're going to do this right - respecting your body's limits while still making real progress. The fact that you felt immediate benefits from walking on vacation tells me your body is ready to get stronger again - we just need the right approach.

## **Your Week 1 Action Plan**

### **🎯 Movement Plan**

**Daily Steps - Join Our Challenge!**

* Sign up here: <https://coaching.joinminimal.com/minimal-x-wellness-wag-summer-step-into-wellness-challenge>
* Start wherever feels comfortable.
* Break it into chunks throughout your workday
* Track daily - we're just establishing your baseline
* **Set a reminder to check the health app/step count at 11am, 3pm, and 6pm.** This helps you from having to do everything at once at the end of the day.
* **There is no upper limit here.** If you are feeling good at 10k+ steps and want to keep going? By all means keep going!

**Mobility Work - Your Video Playlist:** <https://www.youtube.com/playlist?list=PL5leeAgB6vxPP1ExAnw5cs3Ws_g0gYRWk>

* **Video 1:** Chair-based routine - Great starting point to test movements
* **Video 2:** *This is your bread and butter* - Most well-rounded beginner routine
* **Video 3:** Foot/ankle/hips mobility (if you have a foam roller + massage/lacrosse/golf ball)
  + **Important:** Skip the couch stretch at the end - too intense for now

Start with 5-10 minutes daily. If something doesn't feel right, skip it. No heroes needed here.

### 📊 **Nutrition Breakdown - Let's Keep This Simple**

**Your Calorie Control Hierarchy (in order of importance):**

1. **TOTAL CALORIES: 1,650-1,800 daily**
   * This is your #1 priority
   * Creates the deficit needed for fat loss
   * Weekly average matters more than being perfect daily
   * It's okay if you go a little over your upper limit on occasion, ~100 cals isn't the end of the world, but if we consistently go ~500+ cals over, that's where progress stalls or goes the other direction.
   * These numbers will evolve over time, this of this as the ballpark we are aiming to be within, and then we add more details when we need.
2. **PROTEIN: 100-120g daily**
   * 100g is your minimum
   * Helps preserve muscle while losing weight
   * Keeps you satisfied between meals
3. **FIBER: 15-20g daily**
   * Nice to hit but don't stress if you fall short
   * Will naturally increase as you add more veggies
   * Increasing fiber intake and improving the quality of our food is a skill that is developed over time. Right now, we are building awareness and then moving forward from there.

**What about carbs and fats?** Once you hit your calorie and protein targets, the ratio doesn't matter right now. Eat what you enjoy and what keeps you satisfied within your calorie range.

**Tracking Tool:** Download FatSecret <https://play.google.com/store/apps/details?id=com.fatsecret.android&pcampaignid=web_share>

**Pro tip:** Log as you eat rather than at the end of the day - much easier to remember portions.

### 💤 **Sleep - Just Notice, Don't Fix**

I know this is tough. This week just notice:

* When you naturally start feeling tired
* What helps you wind down
* If you can create a 15-30 minute buffer before bed (no screens, dim lights)

No pressure to change anything yet - just awareness.

## ✅ **Your Week 1 Checklist:**

* Download FatSecret and practice logging one full day
* Join the Step Challenge
* Watch mobility videos and try Video #2
* Track steps daily (judgment-free zone)
* Aim for protein at every meal
* Check in if you hit any roadblocks

## 📱 **Communication**

Questions before then? Send them my way. Seriously - there's no such thing as a dumb question.  
  
You've been strong before, and that strength is still in you. We're not starting from zero - we're building on a foundation of someone who knows what it feels like to feel powerful in their body. This time, we're just being smarter about the approach.

Remember: We're collecting data and wins this week, not chasing perfection. Every step, every logged meal, every gentle stretch is progress.

You mentioned you thrive with structure and goals - perfect, because that's exactly what we're building here. Week 1 is about establishing routines you can actually stick with.  
  
  
You can schedule your next session with me here:  
<https://calendly.com/spenser-joinminimal-ikh6/30min>

Let's do this!

Spenser

P.S. When trying the mobility videos, start with just one and see how you feel the next day before adding more. Your body will tell you what's working.