

Subject:

Your Six Week Transformation Check-In (Week 5)

Hi Folks,

Only one week left!!

It's time for your Sunday check-in! This is a crucial step in ensuring you're on track to achieve your fat loss goals and helps me provide the best support possible. This is basically the same as last week except I want you to reflect on how well you did on your behaviour goal from last week!

Please complete the following questions by copying and pasting the entire email into your reply and then filling out the questions asked honestly and in as much detail as you can. I will review your responses and send you personalized feedback.

Section 1: Reflecting on the Past Week

Wins and Challenges

What went well this week? (e.g., strong workouts, improved sleep, managing cravings, feeling more energetic)

Your Answer:

What was the biggest challenge you faced this week? (e.g., social events, poor sleep, high stress, unexpected cravings)

Your Answer:

Training & Activity

How many days this week did you train in the studio?

Your Answer (Number of Days):

How many days this week did you hit your daily step count target?

Your Answer (Number of Days):

Nutrition & Tracking

How many days this week were you within 200 calories of your daily target? (Be honest, I have the data anyway!)

Your Answer (Number of Days):

What is something you could use help with in terms of nutrition? (e.g., meal prep ideas, navigating restaurant menus, managing late-night snacking)

Your Answer:

⌚ Section 2: Future Goals

What are your plans for the future? Do you want to continue with your current goal? (fat loss, muscle gain etc.) Do you want to move into maintenance and stay where you're at until you decide to jump on another challenge or have you achieved what you wanted and are happy to

maintain your current level? Please answer in as much detail as possible so I can help you transition to your next stage whatever that might be!

Healthy habits:

What healthy habits have you gained from the challenge that you will be continuing with moving forward?

Feedback:

If you have any feedback (negative or positive) on the challenge please leave it here, we are always looking at improving our processes the more feedback the merrier! Also if you would like to leave Hitsona a review and haven't already please follow this link to spread the good word!

<https://g.page/r/Cb3mPYIsnNSvEBM/review>

Thank you for completing your check-in!

I look forward to sending your personalized feedback, which will help us refine your plan for the future.

Keep crushing it!

Best regards,

Gav