

Your Six Week Transformation Check-In (Week 1)

Hi Folks,

You've officially made it through your first week, congratulations!

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.

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

1. 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:

2. 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):

3. 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: Setting a Goal for the Coming Week

To build sustainable habits, we focus on one key behavior at a time. This goal should be specific and measurable.

What specific, positive behaviour goal would you like to set for next week's check-in?

(Examples: Getting up 15 minutes earlier, preparing lunch the night before 5 days this week, drinking 2L of water daily, tracking every single meal, doing a 10-minute stretch routine 3 times).

My Behaviour Goal for Next Week is:

Thank you for completing your check-in!

I look forward to sending your personalized feedback tomorrow morning, which will help us refine your plan for the coming week.

Keep crushing it!

Best regards,

Gav