

Welcome to BASECAMP

Hey [Client Name],

Welcome to BASECAMP. I'm fired up to have you here.

You didn't just sign up for a fitness program. You committed to something deeper: clarity, discipline, purpose, and growth in body, mindset, and leadership.

Over the next 8 weeks, we'll work together to sharpen your habits, challenge your limits, and create systems that help you stop drifting and start leading yourself every single day.

YOUR PERSONAL BASECAMP FOLDER:

Here's your private Google Drive folder where we'll track your progress:

[Insert Google Drive Folder Link]

Inside you'll find:

- Weekly tools (editable Sheets) to reflect, track, and execute
- A space to log your MOVE protocol and check-ins
- Worksheets that match each week's theme

Please make sure you:

Bookmark the folder

Fill out the Onboarding Questionnaire before Session 1

Update your tools regularly. I'll be checking in weekly.

WHAT I EXPECT FROM YOU:

Welcome to BASECAMP

- Honesty Show up as you are
- Consistency Small reps, daily
- Ownership This is YOUR climb. Im here to guide, but you do the work.

WHAT YOU CAN EXPECT FROM ME:

- Accountability
- Challenge
- Clarity
- No fluff just tools, truth, and traction

We kick off on [Insert Start Date]. Youll get a reminder 24 hours before our first call.

Any questions between now and then? Shoot me a text or reply here.

Lets move.

Keith

Coach | Founder of BASECAMP