

## WELCOME TO TRAIN WITH CLAUDINE CREW!

### [IMPORTANT - PLEASE READ THE ENTIRE DOCUMENT] Online Coaching Offerings & Program Structure

I'm so excited to start this journey with you! It'll be a journey of twists and turns, but through consistency and effort, the results will be worth it. One of the biggest keys to success that I've found with my clients is **HIGH COMMUNICATION AND TRANSPARENCY**. I'm here to be your cheerleader and guide; I won't mother you nor am I here to shame you. Mistakes will be made (that's part of the journey!) and it's up to our teamwork to get you through everything.

### Here's exactly what you're going to get during our time together (Full Program, not a la carte):

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**Initial 1-on-1 kickoff consultation** - An online health, training, and lifestyle questionnaire and assessment will be sent immediately upon joining the training program. Click here: <https://forms.gle/aRGcV9x37J9hqzH9>

Make sure to complete the entire form before you book your 1-1 kickoff call where we will discuss creating your custom plan. During the call, we will set clear goals for 12 months, 12 weeks, weekly, and on a daily basis.

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**Customized Nutrition Plan** - After I review your questionnaire, I will put together your customized nutrition plan that suits you and your lifestyle, if it's a part of your program.

This is NOT meant to be a rigid meal plan; you will learn how to have a flexible approach to your eating through our coaching.

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**Daily Food Diary & Progress Report** - One way you may be tracking your food intake is with a separate app called Myfitnesspal. This app syncs to the training app. Every couple weeks you will be submitting your photos and measurements for review so we can gauge progress, and make necessary adjustments to the plan.

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**Customized Exercise Plans: Home and/or Gym** - I will use your assessment data to build you a custom training program suited to you and your goals. This will take into account your current ability, exercise preferences, and available workout equipment

(if using a home gym, preferably a barbell, medium to heavy dumbbells, long and mini bands, and a pullup bar at home is preferred.) Whether it is home or gym based, the workouts will suit you and your needs.

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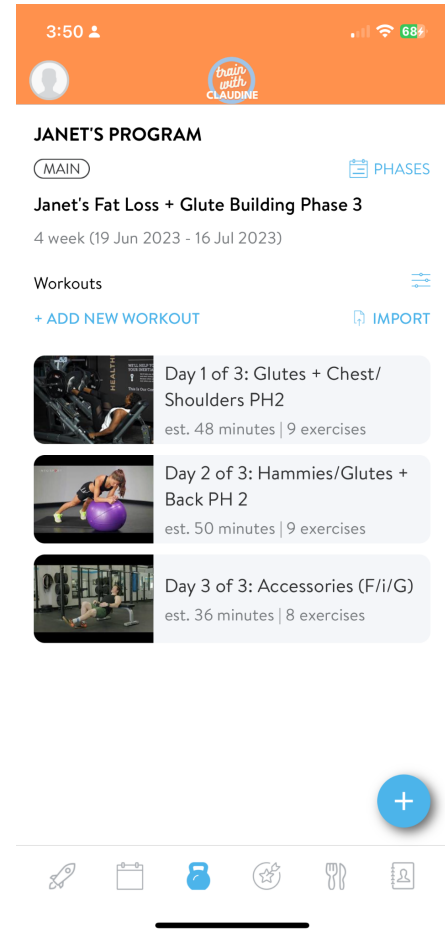
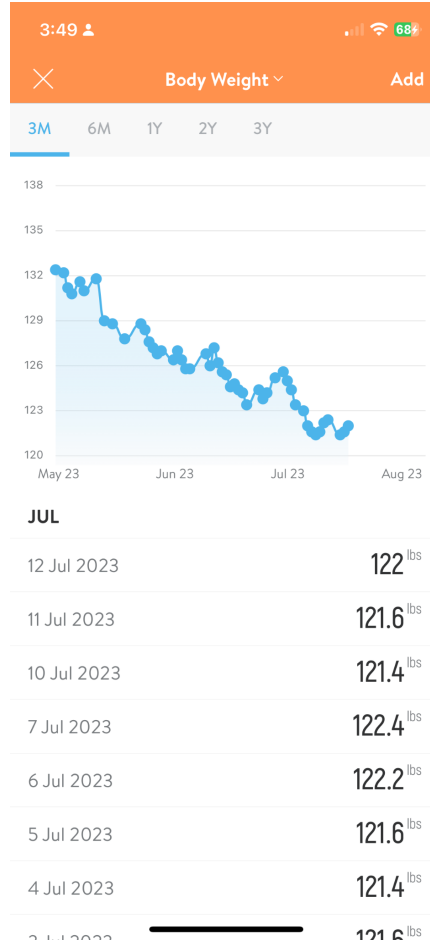
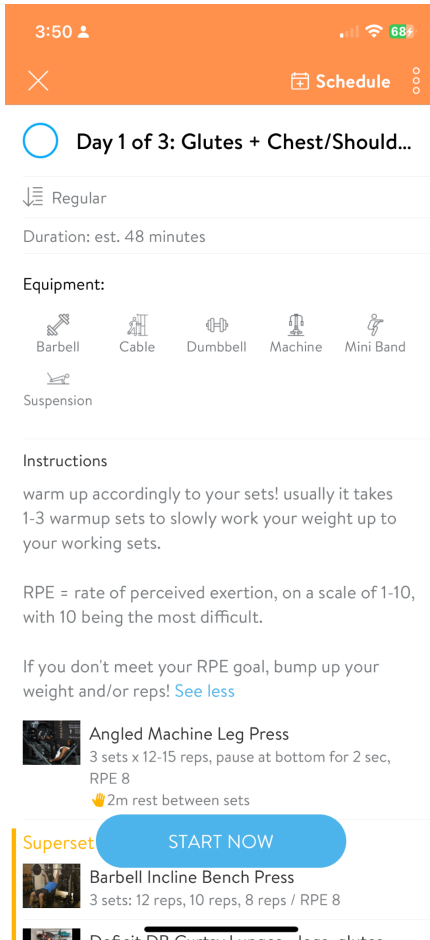
**Performance Tracking** - Train With Claudine membership via the online training app is going to become your go-to place on a daily basis. Inside you will have access to your exercise programs, where you have a visual of your ongoing progress.

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# Custom App - Stay on track so you're more confident and at ease!

## App Features:

Keep track of your progress with visual graphs of how far you've come with your unique goals and see how much you've gotten stronger for extra motivation:



**Watch this video for the nutrition/food upgrade feature with hundreds of recipes tailored to your goals and complete breakdown of how to use the app:**

<https://youtu.be/Bd1fm46uE5w>

**My job as a coach:** detailed in **Core Offerings**

**Your job as a client:**

- be as communicative as possible through our means of communication
- Stick to the exercise and nutritional guidance program, apply coach's guidance in the duration of the program
- Keep a log of your food intake through MyFitnessPal and/or journaling and/or our agreed mode of tracking and mindfulness
- stay up to date with weekly check-ins submitted to coach
- Send me videos through our agreed means of communication of your exercises. Send me any and all videos—I'll help you with your form, as long as I receive these videos! I will not bug you for these videos, so it's your job to send them over.

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**Core Offerings of Full Program (not a la carte programs):**

**Exercise protocols:**

- Monthly fitness routines, tailored specifically to your individual goals, including exercises, sets, reps, and RPE (rate of perceived exertion)
- weekly feedback after Client submits their weekly report, which may include updates or progressions for Client to follow the next week;
- guidance on how to complete certain exercises with proper form.

**Nutrition protocols:**

- weekly guidance on calorie and macronutrient (carbohydrate, protein, & fat) targets (if needed);
- weekly feedback, guidance, and/or education on different sources of macronutrients for you to implement after you submit your weekly report.

**Important: If a specific exercise or nutrition routine/regiment is working well for you and we're seeing progress, we will stick to it for as long as possible until we need to make appropriate changes. The point is to make progress, not "switch things up" for the sake of switching things up out of boredom.**

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## COMMUNICATION NEEDS

**Daily check-ins through training app:**

**1. Check in daily with me.** This is what we'll need:

- How many calories and how much protein you ate the day before (if applicable)
- Any questions and comments you have

**I will reply within 72 hours.**

**2. Weekly Check-ins. You'll be submitting this questionnaire, every Thursday/Friday, to**

**the training app (copy and paste the following text, highlighted in blue, and answer + send them in training app):**

Weekly CHECK IN Review:

Please give a brief description on each of the following and very important topics below:

This is to be sent in every single Thursday/Friday AM along with your check in's on the App 📱

1. How has your SLEEP been this week ? Average hours etc
2. Hunger Levels - Upon Waking, throughout the day (during workout) before bed etc.
3. Recovery - Body aches/ sore from workouts etc
4. Energy Levels
5. Digestion
6. Stress
7. Did you miss any workouts or Meals?
8. What was your Biggest Win from this past week?
9. What is the area you are looking to improve on most this upcoming week?
10. Any additional notes you want to add based on the past week?

*Optional: Bi-weekly 15-30 minute calls to stay up to date together*

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Measurements (instructions: <https://www.youtube.com/watch?v=wlrnBHusw0E>):

**3. Every four weeks, upload your circumference measurements**

**4. Every two to four weeks, upload your pictures**

- \*\*\*URGENT: As soon as you send me your progress pictures and measurements, I will plug in the measurement + picture schedule into your client profile/calendar on TrueCoach\*\*\*

## **YOUR URGENT TO-DO LIST**

1. Take progress photos - Do NOT move onto the next steps without doing these—my clients ALWAYS regret not taking these initial photos because they can't see how far they've truly come. Wear what you're comfortable in, but a two-piece bikini is preferred. Then send them to me via the training app. (directions: <https://youtu.be/P3Ek8gRfMRE>)
2. Send me the best email you'll be using to log in to your training app.
3. Schedule Onboarding Consultation Call with me (if you do not have one already scheduled).
4. Review and Sign NDA/Coaching Agreement Contract - This will be sent to your email.

Have all the above tasks completed before your initial kickoff call.

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Okay, serious hat off LOL. I can't wait to see how much progress we'll be making together! This is going to be a fun journey and we'll be making the most out of it. Remember, having a great attitude + being coachable + being open with me will help us get far. I'm so excited to create a great friendship on top of this as well 😊