



WELCOME to The Lucky13Fitness

Private Coaching Program

You are going to get RESULTS over the next 90 Days!

On behalf of the Lucky13Fitness team, I want to welcome you to the Lucky13Fitness Private Coaching Program. I am so excited to coach you along the journey to your fitness and wellness goals.

This program is my highest and most intense coaching program, **proven** to get clients the results they want without restricting food, relying on powders & pills or exercising excessively.

I work only with people who are absolutely committed to achieving their goals, and limit myself to 2 Private Coaching clients at a time. I will NOT chase you down to check-in and participate; you must be ready to take full advantage of the access/opportunity I'm giving you.

I am thrilled to have you & hope that you'll feel well-supported throughout your journey.

I'd like to point out a few things that are critical to you getting the best out of this program. If you have any questions, feel free to email me:

michelle@lucky13fitness.com

IMPORTANT THINGS TO KNOW/DO:

1. Prior to diving in and getting started, please fill out this Health History Questionnaire, and email it back to us at admin@lucky13fitness.com ASAP. Link for Questionnaire: <http://bit.ly/1XFuweN>.

2. Visit our online scheduling website, www.mindbodyonline.com, search for "Lucky13Fitness" and create a username and password for yourself. This will be the online platform through which you schedule your weekly coaching calls. There is also a MindBody app that you can download to your smartphone which

will allow you to schedule appointments easily.

*****Clients HIGHLY suggest the mobile app because of its ease*****

3. The Private Coaching Program includes daily check-in's via text. These text messages are to be **initiated by you**. Your check in can be simple, but must be consistent. The purpose of daily contact is to keep you accountable to your plan. You will be texting my personal mobile device. I will respond to all texts within the 24 hour period. I will not generally respond on Sundays- but still check in on those days! My number is: 781-413-5543. **Go ahead, put the number in your phone and shoot me a text right now.**

4. The Private Coaching Program includes weekly 30 minute Nutrition/Mindset Coaching calls with me. They are a chance for you to keep learning, keep a close eye on your progress, as well as identify roadblocks ASAP and address a plan to overcome them. Come to the call prepared to chat about nutrition, stress management, sleep, work/life balance- whatever is YOUR biggest obstacle- and how to make it all work for you.

Schedule your first call early so that we can get you on track ASAP.

5. We will also meet monthly for lunch. A face-to-face meeting is a powerful way to check in on a more macro level. Assess the month previous, make adjustments, and set a plan for the following month. These lunches will be scheduled directly between you and I, outside of MindBody.
6. You also get a 1 hour grocery store tour, in which I will assist you with any questions you have related to nutrition, food, and healthier substitutions for your trigger foods.
7. I LOVE working with motivated individuals who want to improve their health & fitness (people like you!) and would love for you to spread the word with family, friends, co-workers & others about your participation in this program! While my Private Coaching program is highly exclusive, and not the right fit for everyone, I would love to chat with anyone who feels they may benefit from some level of Coaching. If someone you know signs up as a referral from you, we will thank you with a very special gift!!!
8. This program is meant for you to HAVE FUN while you get results, and find enjoyment in healthy living. If there

is anything I can do to make your experience more enjoyable, please don't hesitate to reach out to me [michelle@lucky13fitness.com]!

Once again, I want to say how EXCITED I am that you are part of the Private Coaching Program. I know that this program will bring you success and a deep sense of accomplishment. I am honored and excited to be coaching you along your journey.

In health,

Michelle Densmore, CPT, LCSW

Founder & Co-Owner, Lucky13Fitness

P.S. Your Recipe Guide, Meal Plan & Workouts will follow, so keep an eye on your Inbox!