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## HBS Welcome Packet

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## Day 1-3 Check List:

- Download Gen's Gym Trainerize app and turn notifications ON
- Download Skool - Our Client Communication Platform
- Post introduction to Happy Bod Squad Skool Community - Intro Channel
  - Tell us your name, where you are from, a fun fact about you and what you are most excited for in joining the Happy Bod Squad!
  - Please also include your regular and/or fitness instagram handle so that we may all follow you in your journey.
- Add event, "Happy Bod Squad Coaching Calls" to your calendar for every Monday at 4pm pst (6pm CST/7pmEST) to the following link: <https://zoom.us/j/8686306701>  
This can also be located in your Skool Calendar!
- Head to your Classroom tab in Skool and watch the "Welcome (Start Here)" Module
- Upload your first set of progress photos, weight, and measurements to the Gen's Gym Training App
- Start uploading food photos in the In-App Meal Tracker inside of the Gen's Gym Training App so we can see your current habits (see next page on nutrition during your first month)
- Attend Orientation Zoom Call with Alanna (booked at the end of your consultation — if unable to attend, watch recording)
- Attend 1:1 Welcome Zoom Call with your coach (booked at the end of your consultation)
- After your Welcome Call, ensure your bi-weekly coaching call cadence is booked and blocked off in your personal or work calendar (whichever you frequently use)

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## *Nutrition During Your First Month:*

Here at Gen's Gym, we are focused on getting you SUSTAINABLE results...in order to do that, we are going to take things slow as we get to know each other. You may be confused why you don't log in for week one and see a meal plan of chicken and broccoli in your account...and the reason why is those types of programs just don't work. After all, that's why you're here, aren't you? SO the goal over these next few weeks is to gauge your current eating habits, nutrition knowledge, and typical intake so we can ease you in to a lifelong transition of balanced, guilt free eating.

### **HERE IS WHAT YOUR FIRST 4 WEEKS WILL LOOK LIKE NUTRITION-WISE:**

**Prep Week:** Upload photos of all your food via the Gen's Gym In-App Meal Tracker. We want you to eat what you would NORMALLY EAT! We want to get to know you. Your brain. And your lifestyle. So if you act on your "best behavior" and only send us photos of salads, your coach won't actually gain any insight into your life. If you typically go out to eat, go. Take photos. If you typically eat frozen pizza, do it. Take photos. Show us what your REAL life looks like so we can help you transition to your GOAL life. If you forget to take a photo, send your coach a description of what you ate, how much, and how full you felt after.

**Week 1:** After uploading 4 full days of food photos via the Gen's Gym In-App Meal Tracker, you will receive feedback from your coach reviewing your nutrition, making a few suggestions and recommendations on how to improve your food habits this week! Continue to upload photos of all food, and now the goal is to make some nutrition improvements based on your coach's suggestions.

**Week 2:** Once your coach has a general idea of your current nutrition habits through photos, they will then advise you to also track your food in addition to photos via the Gen's Gym In-App Meal Tracker. The goal is to still eat as you intuitively would, so we can see how close or far off from the ideal calories you are. On average, we notice most clients are anywhere from 200-600 calories above or below the recommended amount (which is why you are most likely maintaining or gaining weight). So if that is your experience, that's normal! **When tracking your food, it is very important to weigh and measure everything through a food scale.** I like this one from Amazon. Please please please do not eyeball your food. Your numbers will be way off and the data will not be helpful for us to serve you. Your coach will need this data to calculate an idea custom calorie goal for you.

**Week 3 + 4:** During your first scheduled bi-weekly checkin call, your coach will provide you with your daily calorie/macro goal to follow. It's time to start hitting your calories! Now that you've built a foundation and understand how to track inside the app, we can start actually hitting your calories. No need to focus on macros yet, as we will begin tracking macros in your second month. We have a huge bank of recipes within the Skool Classroom Modules for you to view! Your coach will also add a loose Meal Plan for you to access via the Gen's Gym App to use as a guideline. This will include a wide range of recipes tailored to your calorie goal that you can swap out and customize, with fun cooking videos to follow.

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## Official Day 1 Check List:

Alright! You've made it to Day 1. Here's everything you need completed in order to succeed! Please see the following pages for all of the info you will need to prep for today.

- Complete all items from "first 3 days after signing up check list."
- Determine days and times you will do your grocery shopping, meal prep, workouts, and coaching calls.
- Make sure Monday nights at 4pm PST (7pm EST) are blocked off in your calendar to attend the HBS call with Gen at the following zoom link: <https://zoom.us/j/8686306701>
- Lay out your workout clothes for your first workout!
- Have your first set of lunches prepped and ready to go!
- Connect with your coach and ask any questions you still have.
- Post a win in the #wins channel on Skool
- Get excited and also take a deep breath! You've got this.

***REACH OUT FOR HELP IF YOU NEED IT!!***

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## Optional Shopping List:

Below is a list of supplies that you will need for your journey! If you already have any or all of the items below, there is no need to purchase new ones. This is merely a recommended shopping list...you are also free to purchase these items locally at Target, Walmart, TJ Maxx, etc.

***To view everything in one place, [Click Here >>](#)***

### **Meal Prep Essentials**

- [Food Scale](#)
- [8 Pack Glass Meal Prep Containers](#)
- [Baking Sheet for Oven Prepped Meals](#)

### **Progress Tracking**

- [Standard Body Weight Scale + Measuring Tape Duo](#)
- [Withings Smart Body Composition Scale](#) - tells full body composition, connects to iPhone app, which can be connected to Gens Gym Training App. \*You do not need a scale this advanced in order to succeed in the program. It's simply an option if you prefer more info & convenience.
- [Standard Body Tape Measure](#)

### **Journal**

- [Standard Blank Journal](#) - Gen's personal Amazon Fave
- [Best Self Journal](#) - Ideal for Weekly Goal Setting and Daily Schedule Planning
- [5 Minute Journal](#) - Perfect for those who don't enjoy journaling - comes with daily prompt
- [Bulletin Board](#) - Great for those who like to make lists and collage images/inspirational quotes to serve as motivation

### **Home Gym Equipment**

- [Adjustable Weight Dumbbell Set](#) - 66-88lbs set recommended
- [Step Platform](#)
- [Yoga Mat](#)
- [Thick Fabric Resistance Bands](#)