

Health & Fitness Orientation/ Jump Start Checklist

1st Consultation – Date: _____

- 15 min. – Client PAR-Q/ Measurements/ Timeline Goals
- 5 min. – Overhead Squat Assessment/ Movement Assessment
- 15 min. – Foam Roller and Static Stretching Demonstration
- 5 min. – Explain the Critical 6
- 5 min. – Review Assignment Sheet & Discuss Expectations
- 5 min. – Provide a copy of the assignment sheet to the client

2nd Consultation – Date: _____

- 5 min. – Answer Lifestyle Solutions questions, review goals, and food choices
- 5 min. – Discuss non-negotiable Supplements
- 5 min. – Explain the F.I.T. Module and how it relates to the clients goals
- 30 min. – Core, Balance, and Strength Training
- 5 min. – Take client to website for 1st month of supplements

3rd Consultation - Date: _____

- 40 min. – Core, Balance, Strength Training
- 10 min. – Set up *Advocare To Your Door* account
- 5 min. – Discuss the need for additional consultations/sessions and secure their time slot

4th Consultation – Date: _____

- 15 min. – Grade the previous week and discuss action items for improvements
- 35 min. – Core, Balance, Strength Training

Client: _____

Phone: _____

Date: _____

PHC: _____