

# **Lean Life Challenge Completion Checklist:**

## **CHECK-INS**

Complete all Monthly and/or Bi-monthly Check-ins with all required information. Received on time. You cannot miss any check-ins or omit any information required.

January 1st

January 15th

January 31st

February 29th

March 31<sup>st</sup>

## **MACROS APP**

Download and Use MyFitnessPal Or MyMacros + (or macro tracking app of choice) and show proof of macro compliance. We may ask for your login so we can verify your compliance

## **FOOD SCALE**

Get a food scale (this is crucial for tracking macros)

## **REGISTRATION AND ORIENTATION**

Register for the program at LeanLife.com. Attend the orientation session via Zoom.

## **INTAKE FORM SUBMISSION**

Complete and submit the intake form on time prior to challenge launch on Jan 1st.

## **PARTICIPATION IN WEEKLY CALLS**

Participate in person at least 11 of the 13 weekly Monday Zoom calls.

## **COMPLETION OF ALL GROUP CHALLENGES**

Fun challenges will be offered to participants on occasion throughout the program to enhance your experience

## **PROOF OF PROGRESS**

Provide evidence of progress towards goals set at the beginning of the program \*Subject to your coach's discretion.

## **ESSAY SUBMISSION**

Write and submit an essay documenting your personal transformation. The essay should be up to 400 words.

## **FACEBOOK GROUP ENGAGEMENT**

Actively participate in the private Facebook group, Lean Life. - Make at least four posts during the program period.

## **\*REFERRAL INVOLVEMENT (OPTIONAL)**

If applicable, refer friends or family to the program.

## **END-OF-PROGRAM FEEDBACK**

Provide feedback at the end of the program.

## **COMPLETE ONE OF THE FOLLOWING AND SHOW PROOF:**

Get bloodwork

Get a Dexascan or hydrostatic testing

Improve your health to reduce medications

Utilize a meal prep company

Discover a new hobby that contributes to your health and wellness

Signature: \_\_\_\_\_

Date: \_\_\_\_\_