

# Lean Life Challenge + Coaching Completion Checklist:

## **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.

## **WEEKLY AND MONTHLY CHECK INS**

- Complete each week's check-in, including submitting pictures, weight, macros, and detailed answers to all questions

## **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: \_\_\_\_\_