

Totally New You! - Wellness Coaching Application

10 Steps to Getting You the Best Results, in the Fastest Possible Time!

1 - We are picky about our clients - We only want to work with clients that are ready to make real change. We reserve the right to end the coaching relationship at any time due to non-compliance. We want our clients to get the results they came for!

2 - Trust and Personal Responsibility - With all the conflicting information out there about your health, it is incredibly important that you trust your source. Trusting your health to a system that profits from your sickness is not a good success strategy. We are committed to giving you the life skills and knowledge to be able to make smart decisions based on taking personal responsibility for your own health and wellness.

3 - Wellness Assessment - We help our clients create *personal wellness maps* that guide them directly to their most important goals. How can you know how to get where you are going if you don't know where you are starting? We begin with a thorough testing process to determine the current state of your wellness mindset, your nutrition, and a body diagnostic to determine the right place to start for you.

4 - Ready Mindset - Many people have limiting ideas and beliefs about themselves that severely limit their ability to set and reach their goals. So before setting your goals, you need to take off the emergency break, so that the effort you put in all goes towards achievement.

5 - Real Goals - Nearly everyone thinks they know how to set goals. (can you say New Years?) Unfortunately they all tend to go by the wayside after a few months, weeks, or even days. Goals have to be motivating, attainable, planned and written if you expect to succeed. We have a step by step process that will help you set, and then actually achieve your goals.

6 - Super Nutrition - We don't believe in dieting. The word itself is a bit repulsive! (Die-et: death by what you eat) People overeat because their body is either not getting or absorbing all the nutrients you need to live a vibrant, healthy life. We have a unique system that will prepare your body to get the most out of the foods you eat, how to choose the right foods for your body, and how to make those foods taste spectacular. All that without spending any extra time or money! (you will actually be saving both)

7 - Optimal Posture - You may not realize it, but your posture controls your mood, your pain, and your energy levels. Motion can control emotion, and you don't want to move if you hurt! Changing your posture will immediately make you look and feel 10 years younger,

8 - Your Movement Plan - This is where most personal trainers start, but without the previous steps, you may just be setting yourself up for failure. How many times have you tried to start working out, only to quit with frustration or because of injury. You need a personalized fitness plan that takes into account where you are, what your goals are, and a long term progress map. We will end the confusion over what to do and when.

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9 - Focus on Health not Pills - We live in a culture of Over-Medication. So many pills for every possible condition that you can imagine. More pills coming out every day for conditions you didn't even know were a problem. Here is a dirty little secret - all most of these drugs do is Mask symptoms, not solve the underlying problems! We will work with you and your doctor to fix the underlying health issues to make the medicines unnecessary. And if Your doctor is unwilling to help you reduce your toxic load, it may be time to find a different doctor! Doctor's are in business just like everyone else. It is their job to keep you well, not to be drug peddler's for the pharmaceutical companies.

A man's health can be judged by which he takes two at a time – pills or stairs. - Joan Welsh

10 - Long Term Service and Accountability - How long did it take you to get where you are today? Do you think that the habits of 30 years are going to be erased in a matter of days or months? Our goal is to get you where you want to be as fast as possible, but we want the positive impact to stay with you for the rest of your life.

That is why we offer plans scaled to your level of Independence. We recommend that clients initially meet with us relatively frequently so you can get the results you are looking for quickly, and then scale back over time. Everyone needs a coach long term (us included!) for guidance and accountability. We hope to be serving you in some capacity for years to come.

Bonus Rule - be prepared to work hard, make a lot of progress, and have fun!

Policies and Procedures

Welcome to coaching as our client, we look forward to working with you.

These are a few guidelines that I expect clients to maintain in order for the relationship to work.

- **Fees** - Clients pay in advance unless prior arrangements have been made
- **Procedures** - My clients are on time, and I am always on time. Come prepared with updates, progress and current challenges. Any assigned homework is to be completed and with you!
- **Changes** - My clients give me at least 24 hours notice to any changes in set appointments, and I will always show you the same courtesy. If you have any planned trips, please let me know as early as you can. That way I can give others the opportunity to benefit from your appointment time slot. We can reschedule those appointments so you don't lose any time you paid for.
- **Virtual Support** - We will make ourselves available to you to support and answer your questions. This will be accomplished primarily through email and text messaging. Phone calls are welcome if scheduled by the above means. We do not answer phone calls while helping other clients, so that we can be as respectful of their time as we are of yours and our own.
- **Problems** - If we ever say anything to offend you, please let me know immediately
- **A Must** - It is necessary for the client to implement the coaching for it to be a success. You have hired a coach to help you do things differently. If you choose to ignore the advice and keep doing what you have always done, you will continue to get what you have gotten.

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Pre-Workout Goal Commitment Agreement

Date: _____ Client Name: _____

Coach Name: _____

By this date: _____ Your goals are: _____

Because (Reasons Why): _____

When you spoke to _____ on the phone you answered "Yes" to the following questions which I just want to confirm before taking you through the workout:

Are you committed to reaching your goal?

Yes / No

Are you willing to do resistance training 2-3 days a week to help you reach your goal?

Yes / No

Are you willing to do cardio another 2 – 4 days a week on your own to help you reach your goal?

Yes / No

Are you willing to commit to your goals for the at least the next six months?

Yes / No

Are you willing to follow a healthy eating program?

Yes / No

Are you committed to investing in yourself to reach your goals?

Yes / No

If you feel we could help you and you wanted to move forward with our program, that decision would be completely up to you, there's no one else's approval you would need to get before starting. Is this correct?

Yes / No

You understand that at that end of this workout you and I either move forward together as a team towards your goals, or we don't. It's a YES or NO decision. We don't allow "Think about it" Because that usually means someone isn't committed to reaching their goals and we ONLY help people who are 100% committed to their achieving their goals into our program. Does this make sense?

Yes / No

I understand and have answered "Yes" to all the above questions

Client's Signature

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Name you like to be called _____

Last Name _____ First Name _____

As your wellness coach it is important for me to understand how you view the world in general, yourself, your family, and your job or career. Each person comes from a unique place in their thinking and in the way that they interact with the world around them.

Answering these questions clearly and thoughtfully, will serve both you and me. You may find that they help clarify perceptions about yourself and the direction of your life. These are pondering type questions designed to stimulate your thinking in a way that will make our work together more productive. Take your time answering them, if they are not complete by our 1st foundation session, just bring what you have completed and finish the rest later. These answers will be treated with complete professional confidentiality.

Occupation or Nature of Business _____

Employer or Name of Your Business _____

Business Address _____

Marital Status _____ Significant Others Name _____

10 Things You Want Me To Know About You:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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6. What do you do in your life that brings you happiness and joy, and how often do you get to do this?

7. What gets in the way of you doing what brings you joy and health in the world?

8. Please list the behaviors you'd like to change and then rate your readiness to make changes on each of the identified behaviors you listed.

1. *Haven't even thought of changing this*
2. *Have given it some thought*
3. *Have started preparing to change*
4. *Am already taking some action to change in this area*
5. *I have made changes and I would like Accountability in maintaining*

What Behaviors Do You Want to Change	Readiness Rating 1-5	Comments

9. How can a coach be of assistance in helping you make the changes you want?