
Session One

Client Name: _____

Date: _____

Goal: _____

Reason(s) for Wanting to Achieve this Goal: _____

Circle Their Commitment Level (1-10, 10 being highest): 1 2 3 4 5 6 7 8 9 10

*Note: Anything less than an 8, the client needs to explain what it would take to get them to at least an 8 and how they will make that happen.***Activities:**

- Program Creation (Starting Weight/BF% _____ Goal Weight/BF% _____)
- Review My Dashboard Page
- Review Basic Food Logging Functions
- Review exerspy value/benefits
- Present Supplement Recommendation
- Take "Before" Photo of client

Weekly Goal (Plan of action):Food/Diet

Calorie Intake Target:

Log Food for at least 7 days

Other (go grocery shopping, etc.):

Exercise/Movement

Calorie Burn Target:

Comply to Cardio & Resistance Training

Other Daily Activity to Enhance (standing/pacing):

Supplementation

Recommended Products:

Coaching/Accountability

Recommended Video/Article:

Accountability (Pick at least one):

- ☐ Post their goal on bathroom mirror/refrigerator
- ☐ Ask a friend for support/bring to next session
- ☐ Write ten reasons that excite you about achieving your goal

Client Signature (commitment to above): _____

dotFIT Pro Signature (commitment to above): _____

Notes: _____

Session Two

Client Name:

Date:

Goal:

Activities:

- Weekly weight update in Program (Weight/BF%_____)
- Review Summary tab to view Progress Graph
- Discuss & rate last week's weekly goal and compliance
 - If necessary, review *Weight Loss & Weight Fluctuation* in Fitness Vault > Weight Loss > Articles
- Have client explain their Summary Page to you. Do they understand it as a tool?
- Review client's food log and utilization of tools
- Discuss supplement compliance. If necessary, discuss the importance of taking a multivitamin by reviewing the *Multivitamin* topics in: Fitness Vault > General Nutrition > FAQs
- Assess need for Armband Activity Tracker addition

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Three

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss Articles > *Weight Control 101*
 - Fitness Vault > Weight Loss FAQ > *I've read that to enhance fat loss you should eat 6 small meals...*
 - Product spotlight: dotFIT Meal Replacements
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Muscle Gain Articles > *The Science of Weight/Muscle Gain*
 - Fitness Vault > Muscle Gain Articles > *Nutrition Myth – The more protein you eat the more muscle you...*
 - Product spotlight: dotFIT Meal Replacements

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Four

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF% _____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQ > *How often should I weigh myself?*
 - Fitness Vault > Weight Loss Articles > *Use of Supplements for Fat Loss*
 - Product spotlight: Learn > Supplements > Articles > *90-day Product Cycling for Weight Loss*
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Visualization for Success*
 - Fitness Vault > Muscle Gain Articles > *Performance Nutrition 101*
 - Product spotlight: dotFIT NO7Rage

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Five

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQ > *I've heard that when you eat fewer calories than you burn...*
 - Fitness Vault > General Health & Fitness Articles > *Fitness & Positive Thinking*
 - Product spotlight: dotFIT Super Calcium+ if necessary
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Muscle Gain FAQ > *In resistance training, how does the ratio of weight to reps affect...*
 - Fitness Vault > General Health & Fitness Articles > *Fitness & Positive Thinking*
 - Product spotlight: dotFIT Super Calcium+ if necessary

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Six

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF% _____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQ > *I am starting to lose weight. Should I limit or avoid carbohydrates?*
 - Fitness Vault > Weight Loss Articles > *Why We Eat When We Know We Shouldn't*
 - Product spotlight: dotFIT Carb Repel
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Load Your Energy Systems for Peak Performance*
 - Fitness Vault > Muscle Gain FAQ > *Do you really need to load on creatine to bulk up?*
 - Product spotlight: dotFIT Creatine XXL

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Seven

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
 2. Review Summary Page/Progress Graph
 3. Discuss & rate last week's weekly goal and compliance
- **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQ > *What exercises and intensity levels will help me burn more fat...*
 - Fitness Vault > Weight Loss Articles > *Don't Just Sit There, Move!*
 - Product spotlight: dotFIT Workout Extreme or ThermAccel
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Carbohydrate Loading for Performance*
 - Fitness Vault > Muscle Gain Articles > *Xtreme Muscle Stack: Creating the Perfect Anabolic Storm*
 - Product spotlight: dotFIT Xtreme Stack (NO7Rage, CreatineXXL and Amino Boost XXL)

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Eight

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss Articles > *Weight Loss & Weight Fluctuation*
 - Fitness Vault > Weight Loss FAQ > *People on the TV show The Biggest Loser drop 10 to 20 lbs a week...*
 - Find a Recipe: Learn > Recipes
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Muscle Gain FAQ > *How many grams of protein should I be eating in a day?*
 - Fitness Vault > Muscle Gain FAQ > *How quickly is food converted to fat or muscle mass?*
 - Find a Recipe: Learn > Recipes

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Nine

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Performance Articles > *Proper Hydration*
 - Fitness Vault > Weight Loss FAQ > *I have lost 60lbs already, but am finding it harder and harder to...*
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Proper Hydration*
 - Fitness Vault > Muscle Gain FAQ > *Since it takes a 3500 calorie deficit to lose a pound do I have to eat...*

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Ten

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF% _____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Performance Articles > *Why You Should Eat Before Morning Workouts*
 - Fitness Vault > General Nutrition FAQ > *How does the body process the calories in alcoholic beverages?*
 - Product spotlight: dotFIT Superior Antioxidant
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Why You Should Eat Before Morning Workouts*
 - Fitness Vault > General Nutrition FAQ > *How does the body process the calories in alcoholic beverages?*
 - Product spotlight: dotFIT Superior Antioxidant

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Eleven

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQ > *I am in a calorie deficit but not losing weight, why?*
 - Fitness Vault > General Health & Fitness Articles > *Fact or Fiction? Enduring Fitness & Nutrition Myths*
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Muscle Gain Articles > *Why your measurement results may not be what you expected as...*
 - Fitness Vault > General Health & Fitness Articles > *Fact or Fiction? Enduring Fitness & Nutrition Myths*

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Recommended Video/Article:

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes:

Session Twelve

Client Name:

Date:

Goal:

Activities:

1. Weekly weight update in Program (Weight/BF%_____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Weight Loss Goal Topics:**
 - Fitness Vault > Weight Loss FAQs > *Can you give me some tips for maintaining my weight loss?*
 - Fitness Vault > General Nutrition Articles > *dotFIT Longevity Program*
 - Product spotlight: dotFIT Super Omega 3 Fish Oils
 - **Muscle Gain/Performance Topics:**
 - Fitness Vault > Performance Articles > *Smart Eating for Athletes on the Go*
 - Fitness Vault > General Nutrition Articles > *dotFIT Longevity Program*
 - Product spotlight: dotFIT Super Omega 3 Fish Oils

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well?

What could have gone better?

Plan for this week:

Testimonial: Take the client's "After" photo and have them write a brief testimonial about how the Program and your assistance helped them achieve the results they attained.

Client Signature (commitment to above):

dotFIT Pro Signature (commitment to above):

Notes (What did the Client learn? What are the next steps?):

dotFIT Program Coaching Outline
Session Records



Session _____

Client Name: _____

Date: _____

Goal: _____

Activities:

1. Weekly weight update in Program (Weight/BF% _____)
2. Review Summary Page/Progress Graph
3. Discuss & rate last week's weekly goal and compliance
 - **Goal Related Topic(s):**

Client's Self-Rating (1 = didn't do it, 10 = followed it to a "t"):

Food/Diet: 1 2 3 4 5 6 7 8 9 10

Exercise/Movement: 1 2 3 4 5 6 7 8 9 10

Supplementation: 1 2 3 4 5 6 7 8 9 10

Coaching/Accountability: 1 2 3 4 5 6 7 8 9 10

Based on rating above, identify the most significant:

What went well? _____

What could have gone better? _____

Plan for this week: _____

Recommended Video/Article:

Client Signature (commitment to above): _____

dotFIT Pro Signature (commitment to above): _____

Notes (What did the Client learn? What are the next steps?): _____