



Risen Nutrition & Wellness: Weekly Client Check-In



Please complete this information before you start your online training program and once a week thereafter. Ideally, I would have you do your measurements and weigh-ins before you eat every Sunday morning.

Please email the information to: info@RisenNutrition.com
Subject line reading "[First Name] [Last Name] - Weekly Check In - [Date]"

Example: "John Smith - Weekly Check in - 1/1/2017"
by midnight on Sunday evening each week!

Please remember to foam roll or use lacrosse balls to loosen up your muscles before every workout. Complete your entire workout & stretching routine after EVERY workout!! (even if no stretching is posted, stretch! :) **Have fun and go after those goals!**

Photo Guidelines

Ladies: Spandex Shorts, Sports Bra | **Men:** Short Shorts, No Shirt

**Please make sure you look appropriately modest in your pictures! These pictures are sent to a joint email account for Ronnie and Josie.*

***Please attach images to email.*

**** If you are really uncomfortable with providing pics to us at this time, please make sure you still take them and save them.*

Photo Positions

Take 1 photo from each of the following positions:

- Front - Arms at Side
- Back - Arms at Side
- Left Side - Arms Up
- Right Side - Arms Up
- A Picture/clothing that would be ok to use on Social Media.



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Updates

Current Weight	
Previous Weight	
Low Waist (across belly button)	
Hips (widest part of glutes)	
Body Fat % (if able to measure)	
Bicep (widest part of R bicep, no flex)	
Bicep (widest part of R bicep, FLEX)	
Stress (Circle One)	1 2 3 4 5
Explain briefly above reason:	
Adherence (to meals/training) (Circle)	1 2 3 4 5
Explain briefly above reason:	
Times Eating out:	
"Cheat Meals"	
# Workouts missed	
Biggest Challenge(s) of last Week	
Goal for next (upcoming) week	
Favorite Workout from Previous week	
Least Favorite Workout	

