



LIFESTYLE

-TRAINING & DIETING-

ESSENTIAL BALANCE OF LIFE & FITNESS

YOUR TRAINER:



Abigail Hudak

Certified Personal Trainer, Team Casey Athlete since March 2018

BUSINESS HOURS:

Sunday: 10AM-6PM EST

Monday-Friday: 11AM-5PM EST



RATES & PAYMENTS:

1 MONTH — 200.00 (this rate does not include taxes and payment processing fees).

2 MONTHS — 375.00 (this rate does not include taxes and payment processing fees).

3 MONTHS — 550.00 (this rate does not include taxes and payment processing fees).

PAYMENTS FOR 1-MONTH PROGRAMS:

- Payments will be made in full, upfront via Square Up. The payment to continue month-to-month will be due 24 hours before the end of your current program.
- Invoices will be sent from Team Casey with due dates. The invoices may be sent anywhere from 1-14 days before the invoice is due.

NO REFUND POLICY

ANY DELINQUENT PAYMENTS WILL ACCRUE A \$20 LATE FEE FOR THE FIRST 24 HOURS and \$5 LATE FEE FOR EVERY ADDITIONAL 24 HOURS AUTOMATICALLY VIA SQUAREUP.

The new, updated invoice will be resent with any fees.

If the invoice due plus additional late fee are not taken care of you will not receive any preparation adjustments until it is indemnified.

ALL COSTS PAID ARE NON-REFUNDABLE FOR ANY REASON.

ONLINE TRAINER TO CLIENT:

- Easy-to-understand diet and training to achieve your stage-ready physique.
- Detailed instructions on how to utilize and navigate the MyFitnessPal phone application. If you are Team Casey, you **MUST** use this to log your meal plan and your macros.
- Personalized diet plans calculated to your physical needs to get you to your goal. These will work in a gradual, week to week manner. These plans will be based on your: current body composition, height, weight, diminishing body weight, and body fat (if applicable) every week and will correspond with bi-weekly changing weight training workouts, if necessary. You will have a base diet plan guideline from Day 1. This will be the plan we feed-up or refeed from. Abigail will specify when you'll feed up, what foods and how much, and when. Your base plan may and is most likely to change a few times during prep. As we move through prep, refeeds will be assigned accordingly to results.
- You will have FULL ACCESS to Abigail's personal MyFitnessPal log. Here you will be able to see YOUR Trainer's unique flexible dieting style and steal all of the ideas that you can in order to keep your progress steady

while enjoying your show preparation or reverse program.

- Custom and universal workouts based upon current body composition, muscle growth needs, and current activity level. On average, this requires: 5-6 days of weight training, 1.5-3 hours total of cardiovascular and conditioning exercise per week.
- Recommended, personalized supplementation for your goals.
- Discounts on all SteelFit USA products, Glam Competition Jewelry, Pro Tan appointments and DIY supplies, BamBody Nutrition, Icon Meals, and more.

CLIENT TO COACH:

CHECK-INS:

1. 1x (minimum) weekly check-ins consistently on your assigned day to ensure weekly progress.
2. After THREE incorrect, inconsistent, or un-fulfilled (photos AND weight) check-ins, you will be subject to termination from the team without reimbursement. Check-ins are 1 minute of your entire week, there should be no excuses. PHOTOS AND WEIGHT at check-in.

*Consistency means that you take your photos in the same spot, same

lighting, same angle, and similar outfits each week. The only case that you should not have a consistent check-in is during travel. Otherwise, this is a requirement.

3. If you do not check-in on YOUR specified day and Abigail does not hear from you within 24-48 hours, we will assume you have decided to not continue the remainder of the plan and you will be terminated.

However, if your reasoning is that your means of communication is lost or damaged, there are other ways you can contact Abigail and execute a check-in, so there are no excuses and again, no refunds.

Instagram: @abigail_briggs OR @team_Casey (direct message)

Email: abigailteamcasey@gmail.com

MY FITNESS PAL:

You MUST use your MyFitnessPal log! You are required to log under these circumstances:

1. Your initial plan if applicable.
2. When Abigail makes ANY changes or feed-ups/refeeds

Logging food, supplements, and water intake is crucial to your success. Honest logging is going to get you the results you are looking for. To remain an



client, you must use your application to track your food. You do not need to log exercise.

CLIENT EVALUATIONS:

These will be via Skype or FaceTime on occasion, when requested by Abigail.

YOU CAN APPLY TO BE A PART OF TEAM CASEY AT:

WWW.OFFICIALEAMCASEY.COM/APPLY

Please know that Abigail will get back to you in the order that your e-mail has been received. The estimated wait time is 5-7 days depending on the current wait-list.