



TEAM CASEY

LIFESTYLE TRAINING & DIETING

ESSENTIAL BALANCE OF LIFE & FITNESS

YOUR LIFESTYLE TRAINERS:



DALEY SWAN

Licensed Massage Therapist since 2018

Certified Personal Trainer since 2019

Fascial Stretch Practitioner since 2019

Nashville Fit Magazine's Top 2 LMT of the Year 2019



HELLE OYHARCABAL

Certified Personal Trainer since 2019

Bachelors in Exercise Science 2019

Fitness Nutrition Specialist 2020

BUSINESS HOURS:

Hours vary for each Trainer. Your "You're Official" welcome packet will have your Trainer's hours specified.

LIFESTYLE TRAINING & DIETING PLANS:

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 12-WEEK PROGRAMS:

- Payments will be made in full, upfront via invoice using Square Up. The payment needed to continue month-to-month will be due 24 hours before the end of your current program. If you are not up to date on payments you will not receive updates on your program.
- All invoices will be sent from Team Casey with due dates. The invoices may be sent anywhere from 1-7 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.

COACH TO CLIENT:

- Easy-to-understand diet and training (flexible dieting preferred)
- 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 or ‘macros’ calculated to your physical needs to get you to your goal. These will work in a gradual, week to week manner. These plans and ‘macros’ 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. You will have a base diet plan or ‘macro’ guideline from Day 1. This will be the plan or ‘macros’ we feed-up or refeed from. Your Trainer will specify when you’ll feed up, what foods and how much, and when OR specific ‘macro’ bumps! Your base plan or ‘macros’ may and is most likely to change a few times during your program.
- You will have FULL ACCESS to Head Coach Casey’s and your Trainer’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 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 Lion's Choice, MegaFit Meals, Muscle and Donuts apparel, Love Fitness Apparel, and more.
- Posts and shout outs on the Team Casey and your Coach's personal Instagram accounts.

CLIENT TO COACH:

CHECK-INS:

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

2. If you do not check-in on YOUR specified day and your Trainer 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 your Trainer and execute a check-in, so there are no excuses and again, no refunds.

E-mail:

coachcasey@officialteamcasey.com (Casey Samsel-Torres)

daley@officialteamcasey.com (Daley Swan)

heilie@officialteamcasey.com (Heilie Oyharcabal)

Instagram Direct Message:

@team_Casey (Casey Torres)

@daleyfitt (Daley Swan)

@heilieoyharcabal2

MY FITNESS PAL:

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

1. Your initial plan if you have a meal plan.
2. When any changes are made at check in.

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 athlete on the team, 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 your Trainer.

YOU CAN APPLY TO BE A PART OF TEAM CASEY, SEE TRANSFORMATIONS,

SCHEDULE POSING, & INQUIRE ABOUT COACHING AT:

WWW.OFFICIALTEAMCASEY.COM