

CLIENT QUICK START

Coach Ken Hoyer

How to use your Coaching Hub, Workout Player, Meal Plan, and Check-In so your progress shows in Coach Ken's dashboard.

Before you start: save your private client link or access code on your phone. Open it before each assigned workout and use the buttons in this order: Start Workout, Meal Plan, then Check-In.

1

Open your private client link

Use the private hub link or access code Coach [redacted] sends you. This opens your assigned workout, meals, and check-in area.

2

Tap Start Workout

Open the Workout Player from the hub. If more than one workout is assigned, choose the workout Coach [redacted] told you to do today.

- Follow the exercises in order.
- Use the timer and rest prompts.
- Prioritize form before speed or heavier weight.

3

Finish and tap complete

When the workout is finished, tap the completion button in the Workout Player. That sends the completion log to Coach [redacted] Coach Hub.

4

Review your Meal Plan

Tap Meal Plan in the hub to see your assigned meals and nutrition notes. Hit protein first and let Coach [redacted] know if a meal does not fit your schedule.

5

Submit your Check-In

Use Check-In after your workout or at the end of the day. Add energy level, notes, weight if requested, and anything Coach [redacted] should know.

What Coach [redacted] Sees

Workout completions from the timer	Check-ins, notes, meal feedback, and client status alerts
Workout name, completion time, and duration	Whether you may need follow-up or a plan adjustment

Best Client Habits

- Open your hub before every assigned workout.
- Tap complete when the workout is done.
- Submit a short check-in even when the day was not perfect.
- Ask questions early instead of guessing.

Quick Troubleshooting

I do not see a workout. Ask Coach to confirm your workout is assigned to your client code.	I see more than one workout. Choose the workout Coach told you to do today. Older workouts may remain available for reference.
The timer page asks for a code. Enter the access code Coach sent you, using all caps if needed.	I missed a day. Do not guess. Submit a check-in note so Coach can adjust the next step.

What Not To Do

- Do not skip the completion button after a workout.
- Do not mark a workout complete before you actually finish it.
- Do not change assigned workouts without checking with Coach
- Do not wait a full week to report pain, soreness, schedule problems, or nutrition issues.

- Live coaching, accountability, and clear next steps. Website: