

# Client Welcome + Expectations

A simple guide for new clients before they use the Client Hub, Workout Player, Meal Plan, and Check-In system.

## Welcome to Coaching

This is your private coaching system. Your plan, workout player, meal plan, check-ins, and coach feedback live in one place so you always know what to do next.

### Before Your First Workout

- Save your private Client Hub link on your phone.
- Open the How To Use This Hub guide before training.
- Make sure you know your access code.
- Ask Coach before changing exercises, sets, reps, or recovery unless you were given options.

### Training Day Steps

Step	What to do
1. Open Client Hub	Use your private link or access code.
2. Tap Start Workout	Use the workout Coach assigned for today.
3. Follow the order	Move exercise by exercise. Focus on form before weight.
4. Tap Complete	This sends the completion log to Coach Hub.
5. Submit Check-In	Add notes about energy, soreness, questions, weight, meals, and anything Coach should know.

### Meal Plan Expectations

- Review your meal plan before the day gets busy.
- Hit protein first and keep meals realistic.
- Do not disappear if nutrition is not perfect - check in and report honestly.
- Tell Coach which foods, times, or meals are hard to follow so he can adjust the plan.

### Weekly Expectations

- Complete assigned workouts on schedule when possible.
- Check in consistently so your plan can be adjusted.
- Message questions early instead of guessing.
- Treat the hub like your coaching dashboard - open it before workouts and after workouts.

## How You Get the Best Results

- Consistency beats perfection.
- Clean reps beat rushed reps.
- Progress comes from following the plan and giving honest feedback.
- The more complete your check-ins are, the better Coach can coach you.

\ - Coach