

# PROMISE DOCUMENT

This document's purpose is to give you clarity on what you will receive, whilst what I expect from you as my client to adhere to.

## ME:

- ✓ Provide tailored training programmes + nutrition guidelines.
- ✓ Weekly check-ins to review your progress & the programme.
- ✓ Provide programme changes in needed.
- ✓ Keep you accountable in working towards your goals.
- ✓ Be there for you and answer any question you may have.
- ✓ Be firm, fair and call you out if needs be.

## YOU:

- ✓ Apply yourselves 100% to the given programmes
- ✓ Be consistent with weekly check-ins. progress photos & mesurments.
- ✓ Minimum 3-month commitment to the programme.
- ✓ Share your goals with 3 friends to increase accountability by 78%.
- ✓ Run to me, not from me. If you have any concerns, let me know.
- ✓ Be honest, open + trusting. Understand this is a portnersip & a process.

Remember, consistency over perfection. Let's get to work!



**CC COACHING**