

Two women are shown from the waist up, smiling and posing in athletic wear. The woman on the left has curly hair and is wearing a black sports bra and grey leggings. The woman on the right has straight hair and is wearing a black sports bra with 'NIKE' repeated on it and black leggings. A semi-transparent grey box is overlaid on the center of the image, containing text and logos.

NEOT90

for women!

GETTING STARTED GUIDE



WELCOME

First of all, thank you for signing up! We are really happy to be working with you and can't wait to help you achieve your ultimate body transformation!

We have created this guide to explain everything about the process. Please take some time to read through all the documents we have created for you.

We are here for you every step of the way, but remember it's your hard work, consistency, and commitment that is going to make sure you achieve the results you want.

Once again, thank you for trusting us to coach you

Let's do this!

Aimee Williams & Zoe Batson



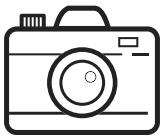
BEFORE WE START...



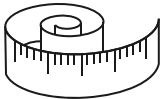
We need you to read through your welcome email.



Please add our WhatsApp for additional support.



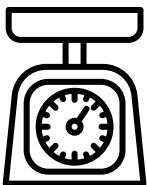
We need to take your start photos. (These will be taken every 2 weeks until the end of the 12 week program)



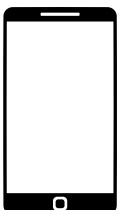
We need to take your start measurements (again, these will be taken every 2 weeks until the end of the 12 week program) Add these into the measurements section of the Neo App



We need your start weight uploaded into the metrics section of the Neo App



You will need to get bodyweight & food scales



You need to download the free app called My-Fitness Pal

EXPECTATIONS...



You must give this 100%, because we will.



You must be willing to step out of your comfort zone



You must reach out and ask for help whenever it's needed



You must be honest, open and transparent with us at all times to allow us to make the right amendments to your training and nutrition



You must follow the support rules



You must respect our intellectual property by not distributing it to others.



You must respect the commitment we make to each other

HOW SUPPORT WORKS

WHATS APP MESSENGER



Please add our business Whats app from your welcome email, send us a message when you have so we know that it is you.

WORKING HOURS



Our working hours are Monday to Friday 9am-5pm with the weekends off any messages received on a weekend will be replied to Monday morning

RESPONSE TIMES



So we can deliver the best responses to you, we only reply at a time where we can do so. We check our messages 2-3 times per day, so please be patient whilst you await help. Our commitment to you is that you will never wait more than 24 hours for a response. Please refer to the documents in your guides for any FAQs.

RESOURCES



The quickest way for you to be helped is to check the FAQs first. These have been written to save you time. Please ensure that you read all of these and double check them first when you have a question.

PROGRESS PHOTOS

Your start photos need to be submitted with you initial data collection form.

Please make sure that they are full body, front side and back, no mirror photographs. If you can get someone else to take them, even better.

Try to take your photographs in natural lighting, such as outside or with the light source behind the camera.

Please avoid cluttered backgrounds.

Photos will be due weekly. Please try to wear the same shorts/ sports bra throughout the 12 weeks for accuracy.

Moving forward, if comfortable, we will take your progress photos for you in Neo. If you'd prefer to take these yourself please make sure they are submitted on time. You can add these into the progress pictures section of the Neo app.



SCALE FLUCTUATIONS EXPLAINED

Your body weight unfortunately will fluctuate due to a variety of factors such as:

- Bowel movement
- Stress
- Hydration
- Activity
- Glycogen
- Muscle gain
- Menstrual Cycle
- How early you weigh in
- How late you weigh in
- How late you ate the night before.

Although fluctuations can be frustrating it's important to look at the bigger picture. Scales do not need to change dramatically for you to have lost body fat or gained muscle.

However, if fat loss is the goal, we do want to see the scales moving down over time.

Remember, the most important thing is how you feel and how you look. That is also why we take measurements and we take photographs.

If you have any questions about how to take your weigh-ins please let us know.



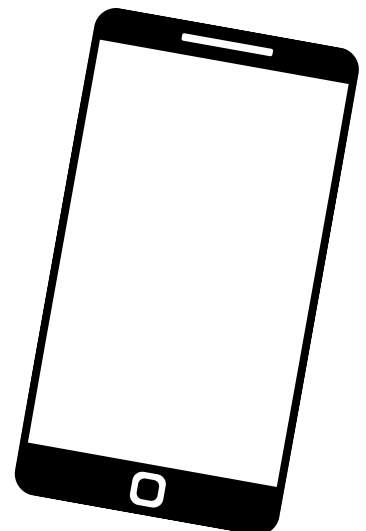
HOW TO USE THE COMMUNITY

Introduce yourself on WhatsApp It's essential to become part of the community, to be around those who have the same mission as you.

Engage with the daily accountability posts by commenting on whether you have completed each task. Those who stay accountable, are those who get the fastest results, it is that simple.

No question is a stupid one... So please post up in the group whenever you need additional support.

And lastly, help, motivate and inspire other group members. Please share any wins you have that could help and encourage women on the same journey as you



HOW TO MAKE THE MOST OUT OF YOUR TRAINING & ACTIVITY

Our classes will be held 3 times a week. To get the best results possible it's crucial you attend all 3 classes.

Really push yourself during these sessions, we are not only aiming for the aesthetic results of a transformation but we want to become stronger, fitter and healthier in the process.

STEPS (NEAT)

You all have a daily step target of **10k steps**. There are a few ways to track these

- Smart watch
- Stepometer or pedometer
- Your phone

Calories will be being burnt without you realising it. So take the stairs where you can, clean the house or car, take the dogs for an extra walk, or park your car further away from the supermarket, this extra activity all adds up.

