



welcome

ELITE COACHING



WWW.FITBODIES4LIFE.FIT



LET'S GET STARTED

We are so excited to get started. This is going to be an amazing 3 months together and we're thrilled you've chosen Fit Bodies 4 Life to be a part of your journey.

You will work with your FB4L Elite Coach over the next 12 weeks. You'll set specific personal goals, receive a customized meal plan, check-in weekly, and have access anytime for questions you might have.

Be sure to join our exclusive online community, the **Fit Tribe**, to join hundreds of other like-minded women supporting one another and holding one another accountable.

IMPORTANT: PLEASE PRINT AND COMPLETE THE NUTRITION & HEALTH ASSESSMENT. THIS NEEDS TO BE SIGNED AND SENT BACK TO YOUR COACH PRIOR TO BEGINNING YOUR CUSTOMIZED NUTRITION PLAN.

ACCESS YOUR ONLINE ACCOUNT:

To access your FB4L Membership account, visit <https://fitbodies4life.fit/membership-login/> or go to the Fit Bodies 4 Life website at www.fitbodies4life.fit and click "Membership Login" at the top.

Your username and default password was included in an email automatically sent to your inbox upon completion of your Elite Coaching purchase.

You can reset your password to something you prefer and can easily remember.

When you login you will see the general membership page PLUS a page exclusive for Elite Coaching clients.



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ACCESS YOUR ONLINE ACCOUNT (CONT.):

To access your customized meal plan, visit nutrition.fitbodies4life.fit

Click on "What Works" dropdown menu and select Meal Plan.

FIT BODIES 4 LIFE MEMBERSHIP LOGIN INFORMATION

Username: _____

Password: _____

FIT BODIES 4 LIFE CUSTOMIZED MEAL PLAN

Username: _____

Password: _____