



girl gains

Full on Fat Loss

Get ready to be pushed to your limits in just 8 weeks

Welcome to group coaching!

Welcome!

Welcome to FULL ON fat loss! I hope you're as excited as I am to get started on Monday 15 September.

Just before we start you're going to receive a link to a Google Drive with all of the other documents you need to get started!

Because this programme is only 8 weeks long I am going to fast track your knowledge & keep you accountable to your goals, but it won't just be our support you have, you'll have the support of the entire group as well in our live weekly check-ins!

These will be done through a private Facebook group so if you don't have a Facebook account I highly recommend setting one up to get the most from your coaching package. If you're setting one up under a false name, please pop me a direct Facebook message to let me know & I will make sure I look out for your request.

You'll my team & I here on Instagram too:

@girlgainzblog
@lucygirlgainz
@chloegirlgainz

Facebook Group: [CLICK HERE](#)



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The next steps:



Here's an outline of what you can expect to happen before we start.

1 - Keep an eye on your email (including the spam folder) - I'll be sending you a Google Drive link a few days before we begin).

2 - Watch this [VIDEO](#).

3 - Send a request to join the [Girl Gainz Group Coaching Facebook group](#) (if you haven't done so already).

4 - Add me & my team on Instagram - you'll find us here! @girlgainzblog @lucygirlgainz @chloegirlgainz

Once You've Got Your Folder:

1 - Open nutrition log & enter your details (age, weight, height, average step count etc.).

2 - Take some starting measurements & progress pictures (these must be done if you want to win our competition).

3 - Go to the nutrition log tab - this will have your calorie & macro targets for week one, as well as a daily step target.

4 - Go & watch the videos in the video library.

5 - Go to your training plan & select the appropriate training split for you.

6 - Join me for the first live call - Thursday 18 September in the Facebook Group.

Weekly check ins:

Weekly check-ins will be due by the end of the day every SUNDAY & you'll receive feedback/macro changes in the log by 6pm every Monday. Please note that check-ins missed/received after this time won't be looked at & you should continue with the same macros for the following week.

If you need to ask any questions throughout our time working together I'll be live in our Facebook group every single week throughout the 8 weeks but don't worry if you can't make a live session, questions can be asked in the group at any point & all live sessions will be posted so you can watch them back at a time that suits you best. I'll also be checking the group daily for questions & queries.

Our expectations of you:

- To check in on time every week (by midnight Sunday).
- ALL sections of the log to be completed.
- To take check in pictures each week.
- To stick to your plan.
- To watch all of the videos provided in the library.
- To work hard & take responsibility for your progress.
- To be supportive within the Facebook Group (positive, helpful vibes only please!).

What you can expect from us:

- Prompt feedback/macro updates by 6pm every Monday.
- A live Q & A session every Thursday at 12.30.
- Full encouragement/support throughout your journey.
- Answers to all questions raised in the Facebook Group.

Weekly check ins:

The scales only show us one part of the picture so we like to use a combination of weight (daily), & pictures & measurements (weekly).

Please ensure you provide your weight in kg. There are many factors that influence your body weight so taking this each day makes sure we can look at an average across the week, which is a much more reliable indicator of progress than a snapshot in time. Don't get too hung up on the scales & don't stress the day to day fluctuations. It's trends over time we're interested in! You may also find the measurements more useful than the scales when it comes to measuring progress – particularly if your goal is to build some shape/muscle too!

PROGRESS PICTURES



It's really important to try & keep your pictures as consistent as possible. Please take them in the same place & do your best to keep the camera angle & lighting the same each week. I love a selfie but not to assess your progress. Please use the timer function as changing angles & a mirror reflection make it very challenging to accurately monitor your progress.

Please also remember that you will lose body fat from your entire body & not just your mid-section so get all of you in a picture!

Take one front, one side & one back picture each week. You can stand however you feel comfortable.

It's easier to make reliable comparisons if you can wear the same cut sports bra/top in your pictures each week.

Let's Go!

Now that's all the naggy stuff done, let's get started.

Once again welcome to the Girl-Gainz community! We can't wait to support you across your journey. Remember, there's never such thing as a silly question so if you're ever unsure, just ask away in the Facebook Group!

We begin on Monday 15 September - so, I hope you're ready to give it your all! Eight weeks to prove to yourself you can work hard, stay consistent to your diet & most importantly, understand WHY what you're doing is working so you can keep going.

It's only eight weeks, let's give it everything!

