FITNESS PLANNING CONSULTANTS
PRIVATE COACHING PROGRAM

Thank you for investing in our new Private Coaching. We want you to get going as soon as possible. You will need to follow these instructions to get you going and let this process work.

1. You need to request access to the private Facebook coaching group. Go to https://www.facebook.com/groups/fpcinnercircle/. When we see the request, we will verify that you have paid and accept the request. Please allow 24 hours for this to happen.

2. You will also want to watch this tutorial we created when we first launched the group. There could be a couple items that need updated, but this would be how to navigate through to get the most out of the group. - https://youtu.be/msws3B4CMiI

3. Private Coaching Programs:
    a. Enhanced - Everything you get access to in the FPC Inner Circle (see below), but a personalized weekly workout for you as well as weekly checkins via Zoom or some other form of direct communication.
    b. Platinum - Everything in the Enhanced, but also one-on-one virtual sessions with one of the coaches.

4. If you will be doing the Enhanced or Platinum programs, a few requirements will be asked of you.
    a. One of our coaches will reach out to you within 24 hours of getting access to discuss your personalized program.
    b. To help monitor your personalized program, you MUST write a weekly checkin on how the program is going. You must also TAG YOUR COACH so he/she can comment on it. This is to promote our private community to support each other.
    c. We know we can't make you checkin, but we ask that you do this in order to get the next week's program.
    d. If you have a general comment or question for your coach, we ask that you post in the discussion group rather than DM your coach. Tag your coach in the question and he/she will get back to you in 24 hours. We think it might help others out at some point and/or give them the courage to post questions in the group as well.
    e. Each coach will have their own time slots to schedule virtual workouts that will be one-on-one.

5. The Inner Circle will have following virtual classes will be available Monday, Tuesday, Thursday, and Friday (unless otherwise noted). Your coach will discuss with you if you need to do any of these classes in addition to what is being developed for you:
    a. Adult Fitness Classes
    b. Athlete Speed Session
    c. Athlete Strength Session

   d. Wild Card Wednesdays - These will be different classes that are for both adults, athletes, kids. Yes, these are on Wednesdays.

6. There will be one workout for each class given for Monday and Tuesday. One workout for Thursday and Friday. The Wild Card Wednesdays will be a different workout each time. I.E. If you choose to do a class on Monday and Tuesday, it will be the same workout.

7. Virtual classes will start on time using Zoom. If no one is in a class 5 minutes into the session, the coach will end the virtual class. The coaches won't be waiting around.

8. A recording of one of the classes will be uploaded to the group.

9. The class schedule and Zoom links will be in the Announcements section pinned to the top. We also hope to have them pinned to the top of the Discussion wall, but if you don't see them there then check the Announcements. Coaches may also post links ahead of time in the discussion section.

10. We will be posting other instructional videos, Facebook Live talks, and try out new classes so pay attention to the wall each day.

11. As of now, any immediate family member can take advantage of this when you join the group. Since this is through a Facebook profile, a mom, dad, and child could do the workouts through one account.

12. That being said, we will be monitoring who is in the classes and can kick people out who we feel hasn't properly joined the group.

13. Any questions or comments you have, please post them in the discussion section. Someone else might have the same questions and could be answered by anyone. A coach will try to respond within 24 hours if it hasn't been answered.

14. Because you are part of our Inner Circle, you can have the opportunity to get 20% or more off of the Advocare supplements. Click the link http://advocare.com/07111072 and order some of the products. When you go to the checkout, click to become a Preferred Customer and pay $19.95 for the annual membership and start saving money.

15. This is a recurring membership. The day you paid to join the Inner Circle is your renewal date each month. You will continue to be charged each renewal date until you cancel. See CANCELLATION below.

16. **CANCELLATION:** You may cancel at any time by emailing admin@fitnessplanning.com. If you don't get a confirmation reply in 24 hours, please keep resending until you do.

You will continue to have access to the group with however many days you have remaining until your next renewal date. ***We recommend that you send a request AT MINIMUM 3 days before your renewal date to ensure we do not charge you for another month.*** If it is less than that, we can NOT guarantee we will get your account cancelled in time and you could be paying for another month that you do not desire.

17. **REMEMBER:** The group is supposed to be a safe place and a hub of positivity and encouragement. Anything we feel that goes against this credo, we will delete and then inform you why. We encourage you to share and just respect the rules.