30 Days to Healthy Living Tracker for Coaching Clients

		PREP WEEK				WEEK 1						WEEK 2			WEEK 3			WEEK 4				POST PROGRAM		
Name & Phone #	Start Date	Order & Checklist	Website & FB Page	Friday B4 Start	Weekend B4 Start	Day 1 Weight & Text	Day 2 Text	Day 3 Text	Day 4 Text	Day 5 Text	Day 7 Text	Day 8 Weight & Text	Day 11 Text	Day 14 Text	Day 15 Weight & Text	Day 18 Text	Day 20 Text	Day 22 Weight & Text	Day 26 Text	Day 28 TY Gift & Text	Day 30 Text	Final Weight & Photo	Referrals? DA?	2 Week Check-In