



# FEARLESS FITMOM FORMULA

GET READY TO MEET  
A WHOLE NEW YOU!



*curved*  
FITNESS  
PERSONAL TRAINING

# WELCOME

Thank you for choosing me as your coach! I am more than excited that you have decided to make a big change in your life to improve yourself! This is going to be a lifelong journey, but you will soon notice the positive changes during these next few months. I ask that you approach this journey with patience, grace, and positivity.

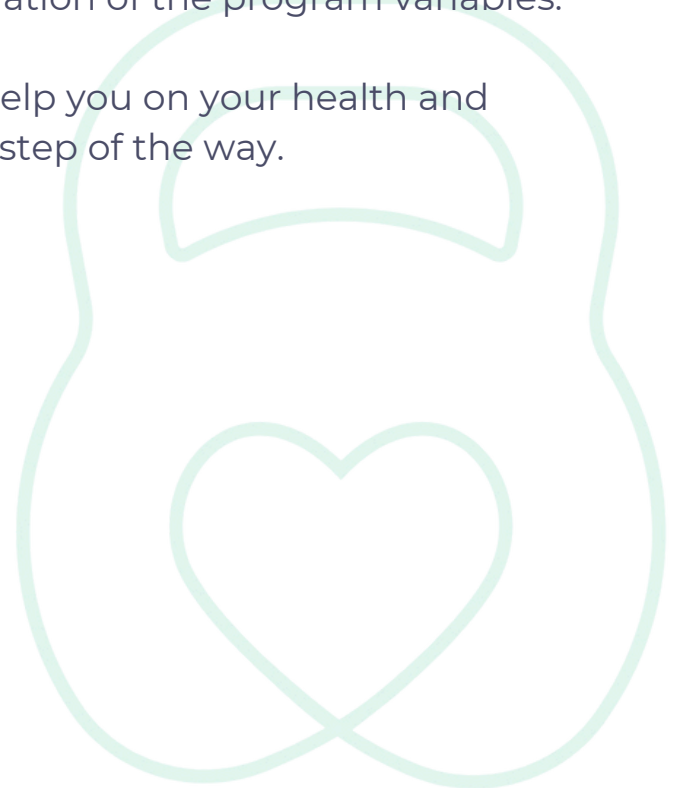
I'll do everything I can to ensure you succeed with the *Fearless Fitmom Formula*, and to help you enjoy the process. I'm confident you'll be proud of your accomplishments!

Before we begin, please read through this short welcome package. In it you'll find crucial information about the program, and what you can expect in the next few months. Pay particular attention to the guidelines for support, and the explanation of the program variables.

Thank you again for choosing me to help you on your health and fitness journey! I'm here for you every step of the way.

To your health,

*Rachael Tucker*



# EXPECTATIONS

## What to expect from me:

- I am 100% here for you on this journey! I will assist you in navigating the ups and downs, and coach you through how to stay on track when life gets hard.
- I am your resource for information. You don't have to rely on google anymore! If you have any questions related to fitness, nutrition, and building healthier mindsets, I will do everything I can to find the right answers for you.
- I won't be a harsh drill sergeant who makes you feel crappy about yourself all the time. That's not my coaching style! I am understanding of the unique challenges you face and will help you find ways to overcome those challenges. As your coach, there are times when I will need to call you out on your crap, because those are often just limiting beliefs and excuses. I am not afraid to do this because it is necessary to help you grow. Just know that I am coming from a place of wanting to help you get out of your comfort zones to become the person you want to be. I will hold you accountable to the goals you have set, that's why you hired me!
- I am not available 24/7. I have set boundaries for my working hours. Do not expect a response during my "out of office" hours.

## What is expected from you:

- As you can see, I am here for you and will answer any of your questions. HOWEVER, I am not going to hold your hand. You have to take responsibility for your efforts on your fitness journey. You are 100% responsible for applying the advice/techniques I give you to help you reach your goals, and you are responsible for communicating with me.
- **Responding to the Facebook weekly check-ins is mandatory!!**
- You must be coachable. If you want real change, you must be willing to accept constructive criticism. I will always do this in a respectful way, but you must be open to receiving it. Remember: you hired me for a reason. You want someone to help you work through your limiting beliefs and overcome the unhealthy habits you've adopted. If you choose to ignore the programming and my advice, I can't guarantee that you will see any results. If there are specific things that don't work for you, you must communicate that with me! This is your life, I am open to your input on what works best for you!
- You are required to watch the App walkthrough videos. I will not be walking anyone through the app (that is what the video is for!). It is your responsibility to get to know the app. If you have questions, always reference the video first (everything is time stamped in the description). If you don't see the answer, please ask me and I will help you. The videos are both pinned to the "GUIDES" section of the Facebook group.

# APP SET UP

1 Click the **menu** icon in the bottom right corner (cluster of dots). Go to **“Files”**. This is where you will be able to download meal plans and other documents I may assign to you.

2 Click on the **menu** icon again. Go to **“Forms”** and complete everything listed. These forms are required to be filled out and signed by you.

3 Click on the **menu** icon again. Go to **“Settings”** and select **“General”** -> **“My Details”**. Scroll to the bottom and find **“Time Zone”**. Make sure to select your accurate time zone. (This prevents any issues with your workout program days/times that you’re assigned). Go back to **“Settings”** select **“Feature Settings”** -> **“Notifications”** and make sure all notifications are ON. You should also go to your phone’s setting and make sure to enable push notifications for the app. This is important for your program assignments, and workout/habit reminders. If you would like to sync your Fitbit or Apple Watch, you can do this by selecting **“Feature Settings”** -> **“Integration Connections”**.

4 Click the menu icon again and select **“Chat”**. Press the **“New Chat”** button at the bottom and select the user “Rachael Tucker”. Please send a message to let me know you are all set up and ready to start!

# How the Program Works

ONLINE COACHING

## Private Facebook Group

All communication with me takes place in the ***Fearless Fitmom Group*** on Facebook, a private community of my clients.

In addition to the three specific ways you'll work with me, which I'll explain in a moment, it's important to get to know your fellow group members! The clients who get the best results are the ones who **participate** in the group every week. At first you'll rely on them for support and guidance, but eventually you'll offer just as much encouragement as you receive.

We're all in this journey together!

## Communication Hours:

**Monday-Friday\* 9am-3pm PT** [MST during daylight savings]

\*subject to change during school breaks

### Out of office

Weekends and holidays

# How the Program Works

ONLINE COACHING

## Weekly accountability check-ins

Every **Monday**, I'll start a new thread for progress reports in the group. **All clients must participate in the weekly check-ins, with no exceptions!** Whether you had a great week, a disappointing week, or anything in between, you'll answer a series of questions about what you did and how it affected you.

We do this for two reasons:

**Accountability:** If you think no one's watching, what stops you from skipping a workout, or ignoring your diet? It comes down to motivation and willpower, both of which are in limited supply. But when you know you're going to have to share your progress with the group, you'll want to have some progress to share.

**Support:** I NEED to know where you're at and how you're doing with the program. I can't help you if you go silent. If you're doing great, share that! When you're frustrated or disappointed, you need share that as well so you can receive support and encouragement.

### Red Light Calls

If you are really struggling and are in need of help, we can set up an emergency support call.

# How the Program Works

ONLINE COACHING

## Group Q&A Zoom Calls

We do our live Q&A calls bi-weekly! (Check for day and time on the Facebook group). Each call is about 20-60 minutes depending on everyone's participation.

It's not mandatory to join every call, but it's highly encouraged. You not only get a chance to have me answer your questions in real time, but you also get to hear what other clients are interested in or confused about.

When you have a question, please ask it in advance in the comments of the Q&A reminder post. That way it'll be among the first ones I tackle, and I'll probably cover it in more detail. If you have a question during the call, please type "question" in the chat so I know to call on you.

Make sure you show up on time. If no one shows up and there are no questions posted, **I will end the call after 10 minutes.**

If you can't join us for the live call, I will post a recording in the facebook group. All replays can be found in the "guides" section of the facebook page.

# How the Program Works

ONLINE COACHING

## Other questions/feedback

You can ask a question in the group any time, for any reason. I'll do my best to answer it within 24 hours, although it might take a little longer with weekends and holidays.

You'll also find answers to lots of questions, including many you haven't thought of yet, in the group's "GUIDES" and "FEATURED" sections.

Any private/personal questions can be asked directly to me through the **"Chat"** portal on the Curved Fitness App.

Texts to my personal cell are only allowed for time-sensitive updates or questions.



# How the Program Works

## PROGRAM CHANGES

You chose the *Fearless Fitmom Formula* because it's designed for one purpose: To help you achieve your goals. Every part of the program is in there for a reason (even if it's not immediately apparent), and every part of it supports the other components. If you change any part, you change the program. That's why I want you to follow it as written.

However, if you struggle with something, or something doesn't seem right to you, let me know in the Facebook group, and I'll help you come up with a solution. This is especially important if you feel pain with any exercises.

**Evaluation Calls:** these 15 minute 1-on-1 calls are done every 3-4 weeks. The purpose of these calls is to discuss how you're doing with the program and tweak things as needed to keep you progressing!

# How the Program Works

## WORKOUTS

As you know, you'll get a new set of workouts every few weeks. You will access them through the Curved Fitness App, which you'll take to the gym when you work out.

If you haven't yet downloaded the Curved Fitness App to your phone, please do that ASAP. You should have received an email with a link to download the app and create your account.

The app will guide you through your program and workouts—week by week, exercise by exercise, set by set.

You'll record any changes to your weights, sets, and reps as you go along. Once you finish your workout, I'll be able to see what you logged, and adjust your program if necessary.

### **How to Log Workouts**

Refer to the "GUIDES" section of the facebook group to view the videos "*Fitness App Walkthrough*" and "*Editing/Modifying your Workouts*".

### **FORM CHECKS**

I encourage you to record yourself doing any exercises you feel unsure of on form. Upload the video to the Facebook group, and I will give you feedback within that 24 hour period. This not only allows you to have some direct feedback, but it also helps everyone else who may share that same question.

# How the Program Works

## NUTRITION

You'll record everything you eat in the Curved Fitness App through the '**Nutrition Logging**' feature. The app will tell us if you're on track with your macro goals. I'll be able to adjust your goals if the data shows something isn't working as well as it should. While logging can be annoying and time consuming, it is necessary for me to make sure your nutrition is where it should be. It will have a big influence on your results!

### **How to Log Nutrition:**

Refer to the "GUIDES" section of the facebook group to view the videos "*Fitness App Walkthrough*" and "*Nutrition Logging Tip*". Those videos will answer your questions on how to log nutrition in the app.

### **Meal plans and other resources**

These can be accessed on the fitness app by going to "**Files**" in the menu. Select the plan and download by clicking the dots in the top right corner.

# Workout Terminology

I want to define some terms you'll see in the program. Most of you probably know these, but if you don't, consider this your cheat sheet.

A **rep**, short for repetition, is a single performance of a single exercise. One push-up is one rep. One bicep curl is 1 rep.

A **set** is a series of repetitions performed without stopping. So if the workout tells you to do three sets of 10 reps, you'd do the exercise 10 times (reps), and then rest for the specified amount of time, and then do that again 2 more times (for a total of 3 sets).

**Rest** is the time you give yourself to recover between each set. Feel free to walk around, sit down, take deep breaths, or do some light, dynamic stretches. Do not shorten or lengthen your rest time from what is indicated. The time specified is there for a purpose and does affect your energy output and your results. However, if you feel extremely gassed and need more time to recover, give yourself an extra 30 seconds at a time and see if it improves.

A **super set/giant set** is a group of 2-4 exercises to be performed back to back (similar to a circuit) with minimal rest in between each exercise. You will complete all of the exercises that are grouped together, rest for the designated time, and then repeat again for however many sets are indicated.

**TIP:** Watch the exercise demos before starting the set so you know what you're doing. If you are using various equipment, make sure to have it all close by so you can move to the next exercise quickly.

# Gym Etiquette

Every gym has posted rules about equipment (“put your weights back after using them”) and hygiene (“carry a towel and clean up after yourself”). Those are easy enough to follow. But it’s the unwritten rules that cause the most confusion for people who aren’t familiar with gym culture. You don’t suspect you’re violating them until you see someone glaring at you, and if the person bothers explaining what you did wrong, it probably won’t be in a polite or diplomatic way.

These are five common rules of gym etiquette you need to know.

## **1. Don’t block the dumbbell rack**

It’s common for the biggest meatheads to stand in front of the rack to do curls, shrugs, and other exercises for their arms and shoulders. That leads people who aren’t as meaty to assume it’s okay to block the rack for everything from shoulder presses to squats and lunges.

Don’t be one of those people. It’s not okay. Pick up your weights and step back at least as far as the first row of benches to do your exercise.

And speaking of those benches ...

# Gym Etiquette Continued...

## **2. Don't take up equipment you aren't using**

Another common sight: A newbie will set their clipboard, towel, and water bottle down on a bench, and then stand between that bench and another one to do an exercise that doesn't require either of them.

Benches are for exercising. Put your stuff on the floor, and stand far enough away from equipment you don't need to allow people to use it.

## **3. Respect the purpose of each area in the gym**

Most gyms have a designated area for warm-up exercises and core work. That's where you'll see people using mats, foam rollers, Swiss balls, and other equipment designed for body-weight exercises. Don't drag heavy weights into that area, or use it for exercises that force other people to move away to accommodate you.

Similarly, you shouldn't set up a mat in the middle of the free-weight area (unless you want a weight dropped on your head).

# Gym Etiquette Continued...

## **4. The squat rack is for squats**

Or other heavy barbell exercises, like deadlifts with the bar elevated a few inches off the floor. If it has a pull-up bar, that's also an acceptable use.

The classic complaint is about people doing curls in the squat rack. We've also seen people use it for everything from stretches to calf raises. When in doubt, ask yourself, "Is there any other place I can do this exercise?" If the answer is "yes," don't do that exercise in the squat rack.

## **5. Avoid walking in front of people while they lift**

If somebody is in the middle of a set, you should never cross their field of vision. And if they're in a supine position (on their back on a bench), you should respect their peripheral vision as well. Either take the long way around, or wait for them to finish the set before walking in front of them.

