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## WEEKLY CHECK-IN GUIDELINES

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I am so excited that you have decided to join the Curved Fitness exercise program! As you know, part of your program includes weekly check-ins where you can ask me anything regarding your exercise program and your fitness journey. However, because my time is limited and I don't want to be in a position where I can't answer everyone's questions and be the support they need, I have designed a few rules and guidelines for the weekly check-ins. I ask that you please follow these rules when writing your messages to ensure your questions are answered in a timely manner.

- All check-ins will be sent through the "Chat/Message" portal on the Curved Fitness App.
- Your message should only consist of bullet points (questions/comments/reasons for not completing workouts/etc.).
- Each bullet point can be a maximum of 3 sentences.
- You can include as many bullet points as needed.
- I am not a life-coach, so please make sure your questions and comments are relevant to the services I provide. I would be more than happy to send information regarding resources that can help you with questions that are out of my scope of practice (upon request only).
- Feel free to send your weekly message anytime during the week, however, I have designated Tuesdays and Thursdays for responding to messages and will not respond on other days.
- If there is a pressing issue regarding your workout program that needs immediate attention (such as an exercise causing pain/complications), please send a brief email describing the issue directly to [rachael@curvedfitness.com](mailto:rachael@curvedfitness.com). Make sure the subject of the email says "HELP".
- If I do not receive a weekly message from you before 9:00 am Tuesday or Thursday (MST), I will assume you do not have any questions or comments for that week. Any messages received afterwards will be answered the following week.
- It is up to you on how often you would like to be in contact with me. If you prefer to be more independent on your program, that is totally fine! I will communicate with you based on how often you message me.



RACHAEL@  
CURVEDFITNESS.COM



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Thank you! Your cooperation is greatly appreciated!

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