**NEW Weekly EMAIL Check In Template!**

**Check In Date:** Every Saturday, submit before 3pm EST

**Email:** [kat@katsecor.com](mailto:kat@katsecor.com), cc [mimi@mimisecor.com](mailto:mimi@mimisecor.com)

**Subject:** Your name and todays date

**Body:** What to include in your check-in “The Basics”:

* Weight
* Measurements
* Pictures: front, side, back, in GOOD LIGHTING. Sports bra and shorts or two-piece swim suit, arms not obstructing view of body.
* Update of week: Include information such as: sleep quality, hunger level, energy, as well as important details such as your victories for this week (see below), challenges, and goals for upcoming week. You can make this check in as simple or as thorough as you like!

Optional information (recommended to include):

* NON-SCALE VICTORIES:
* Goals for this coming week (specific & measurable):
* What strategies will you be using to ensure success this upcoming week?!!!:

Note: Simply copy and paste this into an email and fill it in!