

*Whoo-hoo!*



*Welcome  
to the Challenge!*

Why hello there!

I am Kris McMillen and I am so excited you are here, making the choice, to work on your health and fitness goals with me!

I know how thrilling and unnerving change can feel in the beginning. If you're anything like me, you've been let down too many times before when it comes to your health and fitness, so upfront, I want to encourage you that I have designed this experience to be easy to both learn and implement in your everyday life. What I need from you is to lean in to this challenge, communicate with me each week, and engage with your "Tiny Tribe Team" as you practice the process of showing up for yourself & your crew.

During our time together, you will learn quick & easy nutrition balancing tricks, how to practice fun fitness habits to make your exercise feel less like a chore, and most importantly, the importance of getting back in touch with the "who YOU are" through personal development and time management.

I take my role of being your health mentor seriously. My expectation from you is to simply meet me half way, with what effort you have, each day. I'm not looking for a "perfect" challenger. I know there will be good days and lousy ones during our time together. That's life! I will need you to be "coach-able" in this process with me. Okay?

You will have routine, one-on-one, check-ins with me simply for accountability and trending purposes to ensure you are understanding the materials I teach and to get you to your goal. Should I get "ghosted" 3 times (where you avoid communication with me and/or your group), I will need to remove you from your challenge and place you on a waiting list for a later group. No hard feelings, but I simply cannot do the work for you.

Now let's get started and get to work!

Sign up is first come, first serve, so please be sure to email your:

- 1) Signed Personal Commitment Contract (scanned or digital)
- 2) Completed Pre-Challenge Assessment
- 3) Before pictures (front, side, back) to [GoodFitVibes@gmail.com](mailto:GoodFitVibes@gmail.com)

You will receive a confirmation email with your Good Vibes Fitness Tribe number within 24 hours of receipt along with the itinerary of upcoming training.

Love & Strength,

*Kris McMillen*



# *Personal Commitment Contract*

I, \_\_\_\_\_,

**HAVE DECIDED TO ACCEPT THE CHALLENGE OF  
MAKING MYSELF AND MY HEALTH A PRIORITY:  
MIND, BODY, NUTRITION.**

**I COMMIT TO THE PRACTICING OF THE PROCESS IN  
SHOWING UP FOR MYSELF, MY CHECK-INS &  
MY GOOD VIBES FITNESS TRIBE.**

*I AM READY TO SUCCEED IN MY  
FITNESS JOURNEY!*

*Signature* \_\_\_\_\_

*Date* \_\_\_\_\_



Name \_\_\_\_\_

Date \_\_\_\_\_

## Pre-Challenge Assessment



Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Right Bicep: \_\_\_\_\_

Natural Waist: \_\_\_\_\_

Navel Waist: \_\_\_\_\_

Hips: \_\_\_\_\_

Mid Thigh: \_\_\_\_\_

Right Calf: \_\_\_\_\_

Total Inches: \_\_\_\_\_



\_\_\_\_\_ Height

\_\_\_\_\_ Starting Weight

*For measurement or progress picture tutorials, please visit [www.KrisMcMillen.com](http://www.KrisMcMillen.com)*