



# TO Alumni OR NOT TO ALUMNI?

## 1. Have you taken the alumni quiz ?

QUIZ: <https://workingagainstgravity.typeform.com/to/Kv3vLa>

Send your quiz results to your coach (through your next check-in or message) to help prepare you for entering the alumni program.

HMM MAYBE A FEW...

Are there skills / habits that you would like to create or improve BEFORE joining the alumni program?

NAH, I GOT THIS!

Do you feel equipped with the skills that you have developed with your coach to take on more accountability for your goals and progress?

UH...NOT QUITE...

ABSOLUTELY!

IT SOUNDS LIKE YOU'RE READY TO JOIN OUR ALUMNI PROGRAM!

MAYBE WE STILL NEED WEEKLY CHECK-INS AND ACCOUNTABILITY.

Share with your coach the skills & habits that you would like to work on so that you feel empowered to enter the alumni program in the future!

SOUNDS LIKE A PLAN!

The alumni program will always be here. There is no need to rush into joining if you do not feel ready.

It is essential that you take the time to learn at your OWN pace to help ensure that you have a solid foundation of skills to help you be successful in the long run. The goal is to create sustainable habits that produce sustainable results.

### SETTING CLEAR GOALS WITH YOUR COACH

*"[My coach] and I worked together to come up with strategies to use for when I am a little more "loose" with tracking/weighing.*

*We came up with my goals and things I would do each week. She made sure that I adjusted them each week or with each new check in so that we could make sure that we are following through with them. We also talked about managing my travel since that is an ongoing process and about the weekends."*

### 1. MESSAGE YOUR COACH

Let your coach know you took the quiz and you feel ready to enter into the alumni program.

### LEARN MORE ABOUT HOW ALUMNI PROGRAM WORKS

### 2. READ UP

Learn how the structure of the alumni program is **DIFFERENT** than weekly check-ins [here](#).

### 3. JOIN A ZOOM CALL

Speak with someone about how the Alumni program works. Ask questions and get answer!

### PREPARE YOUR TRANSITION TO THE ALUMNI PROGRAM

### 4. SET GOALS & INTENTIONS FOR YOUR TIME IN THE ALUMNI PROGRAM:

- What is your overall goal that you would like to achieve while in the Alumni Program?
- What do you want to achieve this month?
- What are two habits that you plan to keep in your routine to help you achieve your monthly goal?
- What level of tracking do you plan to use moving forward?

### 5. PRACTICE NON-TRACKING / INTUITIVE EATING DAYS WHILE STILL CHECKING IN WEEKLY

*\*Optional\** If one of your goals is to gradually move away from tracking or to practice intuitive eating, now is a great time to set a plan up with your coach so that you are supported in this phase of your journey.

Examples of transitioning might be:

- Recording body weight every other day instead of every day
- Gradually increasing "non-tracked" days each week: 1/7, 2/7, 3/7, etc. days of each week but estimating portions similar to tracked days.

### 6. WHEN YOU'RE READY TO MAKE THE CHANGE!

Click the Alumni button that is in the billing section of Seismic!

You will have **ONE MORE WEEKLY** check-in with your coach **AFTER** you push the button.

After your last weekly check-in, your next check-in will be one month from your last check-in day.

*We asked our current Alums, "Why did you make the switch to Alumni Status?"*

### PLANNED TRACKING BREAKS

*"[I] needed a break from doing weekly check-ins (not from tracking, just from taking pictures, measurements, updates)." - JEFF N*

### TAKING OFF TRAINING WHEELS

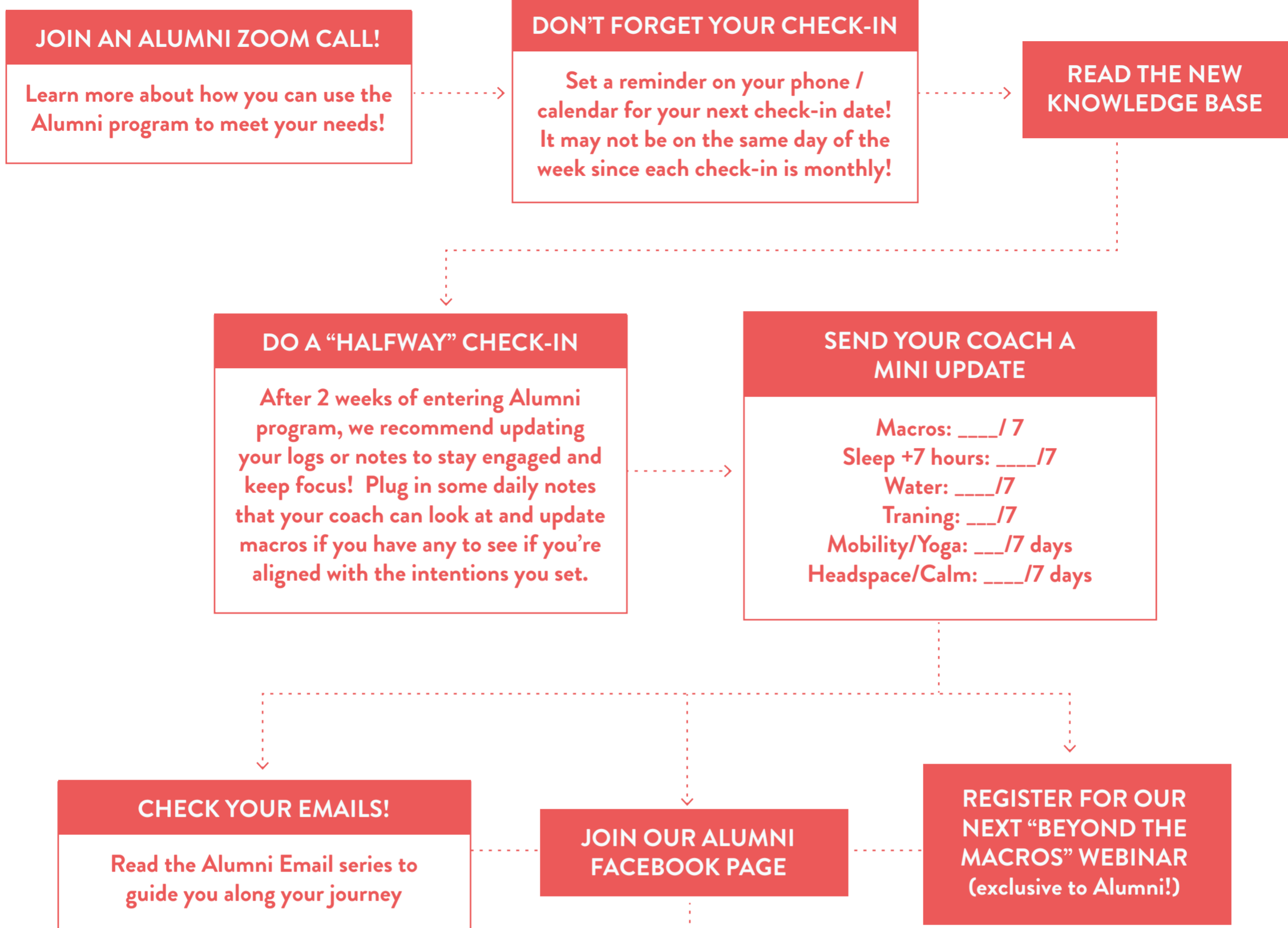
*"I had pretty much mastered hitting the macros set by my coach regardless of what I had going on in my life, so I didn't need my handheld as much, but still wanted the accountability, support and knowledge that my coach provided." - JILLIAN W*

### APPLYING KNOWLEDGE TO INTUITIVE CIRCUMSTANCES

*"I wanted to start the next step in my journey with tracking a little more intuitively, not being as connected to MFP and the Seismic documentation. Really I just wanted to have the 'freedom' to try and figure it out on my own and see how my body feels. I felt like I didn't need my coach as much (still some) as I did initially, and that I would benefit from the month-to-month check ins." - SARAH S*

# Officially Alumni Status!

## NOW WHAT?



### Alumni Learning Experiences:

#### VACATION & TRAVEL

“WAG has definitely given me the tools to navigate whatever life throws at me. I travel internationally a lot for work and I recently got married but I knew if I stuck the plan my coach and I created, I wouldn't have to worry about struggling to make the right choices for myself, not just around food, but regarding self-care in general.” – JILLIAN W

#### MAINTENANCE

“I learned how boring a maintenance phase can be...[and] ‘boring’ is okay. True sustainability is more than lifelong 6-pack abs and macro “rainbows and unicorns.” It's about pushing through life's challenges and learning how to successfully concur them.” – KIM F

#### CONTINUING THE PROCESS OF SELF LOVE!

This is a process. Its a journey. It is not a destination. It takes time. It is about balance. The foods you eat are programmed into you. Willpower is one thing but sometimes wanting an Oreo is not entirely your fault. These habits take time to change. Love yourself through it. – KATE



*Success is NOT the absence of struggle. Success is being able to identify your need, make an adjustment and find resources to meet that need.*