

EFFECTIVE CHECK-INS WITH YOUR CLIENTS

- 1** How is their day/life/family/work going?
- 2** Are they working out? How effective are the workouts?
- 3** Are they eating right?
And are they keeping a food log?
- 4** Are they staying hydrated appropriately?
- 5** Are they getting enough sleep and rest in general for recovery?
- 6** Are they making time for themselves in terms of emotional and spiritual health?