



CLIENT ONBOARDING

Simple setup. Clear starting point. Personalized support.

WELCOME TO RFND.

Complete these steps and we can get your plan built and ready to start.

GET STARTED CHECKLIST

☐ **Register as an Amway customer**

Use your RFND coach's customer registration link.

☐ **Download the Wellbeing+ app**

Get the app ready so you can use the wellness tools included in your plan.

☐ **Complete the RFND Client Intake**

Give your coach the basics needed to build your plan.

☐ **Join the RFND private community**

Your home for support, education and accountability.

☐ **Confirm your starting program**

Your coach will match the program to your goals.

☐ **Choose your starting products + tools**

Start with only what fits your goals and budget.

☐ **Confirm your start date**

Know exactly when Day 1 begins.

START SIMPLE. STAY CONSISTENT. REFINE AS YOU GO.



CLIENT INTAKE

Only the information needed to build your starting plan.

ABOUT YOU

Name:

Age:

Best contact:

YOUR GOAL

What are the top 1-2 things you want to improve?

Examples: gym consistency, strength, energy, nutrition habits, body composition, endurance.

YOUR CURRENT ROUTINE

What does your current activity or workout routine look like?

When can you realistically work out each week?

HEALTH + NUTRITION

Any injuries, surgeries, medical conditions, medications, or doctor-ordered limits that may affect exercise or product choices?

Any food allergies, dietary restrictions, or current supplements / vitamins / protein / pre-workout / energy products?

BUDGET

What monthly range feels comfortable for products/tools?

NEXT: Your coach uses this to complete your Personal Starting Plan.



YOUR PERSONAL STARTING PLAN

This is the page you follow.

Primary goal:

Starting program:

Start date:

Weekly workout target:

YOUR FIRST 2 MICRO-HABITS

1.

2.

NUTRITION FOCUS

PRODUCTS + TOOLS

START NOW

ADD LATER IF NEEDED

TRACK

☐ Workouts

☐ Water

☐ Nutrition

☐ Steps

☐ Sleep

☐ Energy

FIRST CHECK-IN

Date / time:

CONSISTENCY > PERFECTION