



**6 Week Transformation Challenge  
“Let’s Get Started - Do This First!”**

- Friend me on Facebook - Brien Shamp :)
- Find YOUR MOST COMMON BOOT CAMP LOCATION on Facebook and LIKE IT. If you are going to attend the Burlingame/San Mateo Location as your main home LIKE this page:  
<https://www.facebook.com/Burlingame-Fit-Body-Boot-Camp-1649381655338585/>  
or if you are going to attend Belmont & San Carlos as your main location like this page:  
<https://www.facebook.com/Belmont-Fit-Body-Boot-Camp-956988614357175/>
- Each workout either go to the FB page above or your own newsfeed and check in and tag me (Brien Shamp). You need to check in 18x over the course of 6 weeks.
- \*Add “Brien Shamp's 6 Week Challenge Private Facebook Group” to your favorites:  
<https://www.facebook.com/groups/6weekresults/>  
Info will be added here often: recipes, travel/home workouts, etc.  
**\*Please do not check in here when you do your workouts. See #3.**
- Download the Zen Planner App (see your welcome email) to schedule your sessions (go to you app store on your phone).

Check in each session at the location. \*This is different than checking in on Facebook.

- **Each Saturday or Monday you must weigh in before your workout and add your weight/body fat here:**  
<https://tinyurl.com/y8hfoslz>

**In addition, send your weight/body fat to your accountability coach via VOXER via the text function by Tuesday of each week. You will be contacted by your accountability coach soon after each weigh in.**

- **Please get the VOXER app from your app store if you don't have it ASAP.**
  - **Connect with me @ Brien's ID: coachbrienshamp & Tonya's ID: coachtonya (Burlingame location) or Cheryle's ID: coachcheryle (Belmont/San Carlos location).**
  - **Please send your first VOX to Brien with your starting photos, weight and body fat from both the Omron scale and Fit3D (you will need to log into your Fit3d account).**
  - **Please Vox your Accountability Coach the same info you sent to Brien after they contact you.**
  - **Weekly homework: Vox a photo of your groceries to your coach each Saturday or Sunday and don't forget to send them your weekly weight and body fat from the Omron :)**
  - **Connect with Tonya, Cheryle or myself anytime here. Always feel free to ask for help!**

**Voxer is the best place to ask questions- better than email or text :)**