

Date: \_\_\_\_\_



## Follow-up Form

Client Name: \_\_\_\_\_

<b>Bright Spots:</b>	
<b>Challenges (1-2):</b>	

**Record Biometrics on Tracking Sheet  
(weight, body fat, measurements)**

Progress: \_\_\_\_\_

---

<b>Goals:</b>	
<b>Action Step #1:</b>	
<b>Action Steps #2:</b>	
<b>Action Step #3:</b>	

**Add new action steps in client's HSN dashboard under notes!**

\_\_\_\_\_ (Initial and date) Send follow-up action steps in private message through the HSN app

\_\_\_\_\_ (Initial and date) Schedule check-in email to be sent

Signature: \_\_\_\_\_