



WELCOME PACK

*The Warrior Project*

Learn more about what it means to be a part of  
The Warrior Project team.



# **WELCOME TO THE TEAM!**

TOGETHER WE ARE STRONGER.

The Warrior Project is a safe place to be on your fitness journey. Whether you're here for guidance, motivation, or just need a support system, we are here for you! As a member, you will have the opportunity to complete monthly challenges, do online fitness classes, join live events, try different programs, work with our Registered Dietitian, and so much more!

*briannakaylynn*

# MEMBERSHIP DETAILS



## THE WARRIOR PROJECT

The Warrior Project is your one stop shop for all things fitness! As we grow as a community, more and more content is added for you to be able to succeed on your fitness journey. Here is what is included as a Warrior:

## WHAT'S INCLUDED

- **Monthly Challenge**
- **Real Time Workout Videos**
- **RD Consultations**
- **Fitness Planning Workbook**
- **Facebook Group**
- **Live Events**

**The monthly challenge includes: 30 days of workouts, nutritional guidance, cardio regimen, weekly self check ins and journaling prompts, facebook group and group chat access, \$500 prize opportunity**



## UPCOMING UPGRADES



**Macro Calculator**

**Interactive Online Check-Ins and Journaling Prompts**

**Progressive Overload Tracker**

**More Programs**

# THE PROCESS

## getting started

### 1 JOIN THE COMMUNITY

You have the option to join both our Team Facebook group and Discord group chat. Here, you will find a community of like-minded people, all on their journeys to become their best selves! Be sure to read through our group rules to help keep our community safe.

### 2 COMPLETE YOUR DAY ONE CHECK LIST

Complete your checklist any time before or on day one! This includes taking your before photos, doing your first check in, setting your goals for the month, and completing a squat assessment. Set yourself up for success this month!

### 3 START THE CHALLENGE!

I hope you enjoy your time as a challenger! You can access the challenge straight from your challenge dashboard.

Log into [thewarriorproject.fit](http://thewarriorproject.fit) and go to your challenge dashboard.

### 4 SUBMIT YOUR TRANSFORMATION

At the end of the month, you have the option to submit your transformation, journaling prompts, and check ins for the opportunity to be one of the winners of the \$500 cash prize! Instructions can be found on page 11 and will be emailed to you at the end of the month.



# DOWNLOAD THE WARRIOR PROJECT TO YOUR HOMESCREEN

The Warrior Project is set up as a web app, meaning that once you download it to your home screen, it functions similarly to any other downloaded app. You can do so by following the instructions listed for you below. The photos you see beside this text are options for different app icons!



1. Visit [callmeicons.com](https://callmeicons.com)
2. Click the button "create your own"
3. Choose "website link" on the dropdown that appears - copy and paste the URL from the members page
4. Name the app
5. Upload your image
6. Tap the share button and add it to your home screen!



briannakaylynnfitness

cdn.shopify.com



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Notes

WhatsApp

Gmail

Messenger

Drive

# DOWNLOAD THE PDF TO YOUR PHONE

Starting in August, the challenge will be fully accessible through our web app! This update will make it much easier to navigate your challenge dashboard and to complete your daily workout. Until then, many people prefer to download the pdf to their books, files, kindle, or notes apps. Here are the instructions on how to do so!

1. Open your pdf
2. Click the save button at the bottom of your screen.
3. Scroll through your list of apps, including "more," to select your desired download location.
4. Once you do this, you will be able to access your challenge in both the challenge dashboard and in the app that you downloaded it to. You will be able to view the challenge at any point in the future if you do this step.



# RECOMMENDED HOME EQUIPMENT

If you are completing the challenge from home, there are a few items you'll need to get the most out of your experience. Click on the photos attached below for links to a few recommendations. Dumbbells can be found at your local Target or Walmart.

- 1 pair of dumbbells
  - I recommend getting 1 light pair & 1 heavy pair to offer some variety to your experience, but you will be able to complete the entire challenge with just 1 pair.
- 1 resistance band with handles
  - I recommend getting a package of bands that offer different levels of resistance
- 1 booty band
  - These will be used less frequently, but can be helpful to add additional resistance to lighter exercises





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# HOW WE COMMUNICATE

We are here for you!

Please never hesitate to reach out to our team, we are more than happy to help sort out any problems or questions you have!



## **SUPPORT TEAM      VIA EMAIL**

For any questions or concerns regarding the challenge or your membership, contact our support team at:

[support@briannakaylynnfitness.com](mailto:support@briannakaylynnfitness.com)



## **PRIZE ENTRY      VIA EMAIL**

To submit your entry for the prize money at the end of each month, send all of the necessary content to:

[submission@briannakaylynnfitness.com](mailto:submission@briannakaylynnfitness.com)

**response time**  
**WITHIN 24 HOURS**





# WORK WITH CHARLI



If you need help with your macros, forming a healthy relationship with food, or just have questions regarding nutrition, Charli is here for you!

Every month, she takes consultations to answer all of your questions. When slots open up, you will receive an email and see it posted in the Facebook group so you can book your consultation!



## **VIDEO CALLS**      **VIA ZOOM**

Your consultation will take place with Charli via zoom. It will be a 30 to 45 minute call depending on your needs. Be sure to fill out your questionnaire beforehand, and cancel, if needed, at least 48 hours in advance.

# SUBMIT YOUR PRIZE ENTRY

## SUBMISSION INSTRUCTION

### Your Chance To Win \$500!

Email your submission to [submission@briannakaylynnfitness.com](mailto:submission@briannakaylynnfitness.com). Include your transformation, questionnaire, check ins (*optional*), journaling prompts (*optional*), and any other addition information you would like to share! If you are a long term challenger, feel free to include your long term transformation, as well!

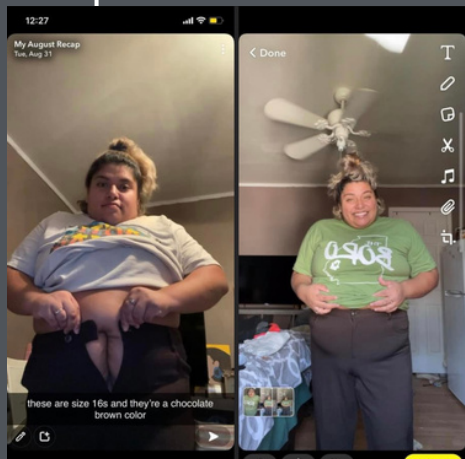
You do not need to send anything at the beginning of the month, please save your before pictures, weekly check ins, and journaling prompts for the end of the month! This will ensure that all of your information will be grouped together and not lost in the midst of a full inbox!

These instructions and your questionnaire will be sent out via email at the end of each month.

You **must** include your one month transformation.

You **must** have your photos timestamped.

You **must** use a collage app (ex: layout) to position the photos side by side.





# WHAT YOU CAN EXPECT FROM ME

## EMPATHY

Everyone is a beginner at some point. I know it can be hard to start something new, but I will provide you with as much information as I possibly can to make this process fun!

## ENCOURAGEMENT

Motivation may be fleeting, but I am going to provide you with tons of motivational content to help push you on those days you're feeling lazy! I will do everything I can from my side of the screen.

## TOUGH LOVE

I know that you are 100% capable of reaching your goals. I am going to push you out of your comfort zone to be the best version of you that you can possibly be!

## CONTENT

Every week, myself and our Warrior Project team will bring you content that will help you on your fitness and health journey. Never hesitate to make suggestions!

## UPGRADES

As our community grows and I receive feedback from you, I will continue to update and upgrade our programs and website to give you the best possible experience.

## SUPPORT

Never hesitate to reach out to myself, our team, or your Facebook/group chat community for support. We are all rooting for you and happy to support you!

# PAYMENT & CANCELLATION

## PAYMENT

1

The Warrior Project is a membership, so do expect a recurring charge. You will be charged on the same day as your initial purchase every month.

2

If your payment does not go through for any reason, you may lose access to your programs and challenges. You can update your payment method by clicking the link below for step by step instructions.

[Click Here](#)

## CANCELLATION POLICIES

You are not stuck! I want you to come into this journey knowing that you can leave as soon as you're ready to be on your own. To cancel, click the link below for step by step instructions.

[Click Here](#)

**Please cancel 72 hours before your next payment to account for processing to ensure you are not charged for the upcoming month. Refunds will not be issued for this reason.**