

# **Homework Time!**

1. Read the Welcome Document, it's 100 pages long. Do not skim. Take your time, this is your "Source of Truth". Anytime you have a general question refer to that document prior to asking me.
2. Sign and send back the waiver via email.
3. Download "whatsapp" to your phone and computer. Message me with your name to 301-956-3464
  - a. Whatsapp is our main source of communication, I will send text messages, voice messages, workout videos and workout critiques.
4. I will need a google email address from you. If you don't have one, create one. It takes 30 seconds.
5. Download "Google Sheets" on your phone so you can enter the coaching data on the weekly log sheets
6. Bloodwork. I will need current and accurate blood work. This is a non-negotiable.
  - a. I will need the following "CMP Panel, Testosterone, Estradiol, T3/T4"
  - b. Purchase a panel here: [Omni Well](https://www.omniwell.org) or visit [OmniWell.org](https://www.OmniWell.org) and search for Comprehensive Metabolic Panel this is \$150.00
    1. Make sure you are fasted on the date of your blood test
7. Read the Welcome Document Again :)