

WELCOME TO THE **VSHRED** VIP COACHING APP!



VSHRED VIP

**CONGRATS AGAIN ON
JOINING THE **VSHRED**
VIP COACHING
PROGRAM!**

One of the BIG perks of this program is being able to message your Coach through a private VIP App on your phone.

It works just like text messaging and your Coach will also be able to send you notifications about updates to your meal plan, workout plan, and other important details during your coaching journey!

HOW TO **CONNECT** WITH YOUR **COACH**

You'll need to install the App on your phone and your Coach will send you an invite to activate your account. Here's what to do:

- 1 Go to the App store and search for V Shred VIP.
Or access the App [here](#):



- 2 Download to your phone and accept the Terms.
- 3 Wait for an invitation from your assigned Coach via email. As long as the App is installed, you'll be able to create an account, log in, and connect with your Coach through the App!

THAT'S IT!

**ONCE YOU'RE LOGGED IN,
YOU'LL BE ABLE TO:**

- ✓ UPDATE YOUR PROFILE IN THE EDIT PROFILE SECTION
- ✓ RECEIVE YOUR CUSTOM DIET AND EXERCISE PLANS
- ✓ CHAT WITH YOUR TRAINER DIRECTLY
- ✓ SCHEDULE AND DO YOUR MONTHLY 1-1 ZOOM CALLS
- ✓ GET UPDATES FROM YOUR TRAINER