



**FLIGHT Team** <getfit@flightfit.net>  
to Kahleyabowman3 ▾

Oct 25, 2019, 2:32 PM



Hi Kahleya,

Thank you for contacting us regarding your Fitness Goals!

We have reviewed your Fitness Survey and have been working on your Fitness Review. We will have it ready to send to you tomorrow on Saturday.

It seems like you are now actively working towards your fitness goals, which is really exciting!

I'd like to go over your Fitness Review with you on the phone for 5 - 10 minutes sometime tomorrow. Let me know the best number to reach you at and a good time to call you.

Have an awesome start to your weekend Kahleya! I look forward to speaking with you soon.

Sincerely,

Coach B. and the FLIGHT Team



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