



Personal Fitness, Wellness & Nutrition

"You are now on the road to your true success..."

"Fit For You - In Review"

Hello and welcome to the opportunity of a lifetime, the chance to attain true fitness success. Together as a *team* we can and will achieve many great things just by starting off with two of the most important ingredients, your desire and my expertise. I hope you are as excited as I am!

The following information is a summary of how to get started.

Getting Started Check-list

- **Consultation** - First in-person meeting with Joe to learn all about what **FIT FOR YOU** has to offer and the many benefits you can expect to receive and enjoy. An information packet is given to you for your review and your questions are welcomed for discussion.
(Consultation Fee is \$25.00)
- **Health History Questionnaire** - This form needs to be completed in its entirety, signed and dated by you and returned with physicians notice unless otherwise specified.
- **(Nutritional Consulting)** Learn about the fantastic results of Healthy Supportive Eating. It's a program that you can live with. It all starts with a nutritional analysis and includes two sample menus, recipes and follow up as you need it. (Diet Diary Sheet included in packet)
- **Physicians Approval Form** - This form must be signed by your doctor prior to the start of any program involving exercise and submitted to Joe Green of Fit For You.
- **Rate Investment Sheet** - This form is your contract. It must be read, signed and dated by the client. This form is also signed and dated by the trainer. There is also a section that outlines payment information and other important details. Client receives a copy of this form to keep for their records.

-Return Information - The Health History Form, Physicians Approval Form and Rate Investment Sheet all must be turned in to Joe prior to the start of your program. Your information should be mailed to Joe Green, P.O. Box 60322, Harrisburg, PA 17106 or faxed to (717) 545-2595. Please call with any questions you may have at: (717) 579-8257.