Hello,

Please fill the client profile out as best you can as well as the “Keys to success”

That part may sound trivial, but the single most successful Clients I have had

Came in with the proper mindset first. Success doesn’t just happen; it takes hard work and the right mind set.

failure to prepare is failure to succeed. I want to prepare you for success.

Don’t worry about the numbers, I will fill those out myself,

When we meet, measure and weigh in.

I do use Quick books and the packages I offer are included.

This is an investment in yourself, please remember that.

Time is important as no matter how good I am

The body takes time to lose weight/fat, grow, adjust, heal and get better.

Keep that in mind as you think about what best fits you and your goals.

Following my plan is crucial to success, I look forward to coaching you towards success.

For any questions, please just ask.

Thank you,

Raven