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| **Client Name:** |  |
| **Appointment Day:** |  |

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| **Appointment Time:** |  |

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**Individual Sessions Group Events**

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| **Month 1** |  |  |  |  |  |  |
| **Month 2** |  |  |  |  |  |  |
| **Month 3** |  |  |  |  |  |  |
| **Month 4** |  |  |  |  |  |  |
| **Month 5** |  |  |  |  |  |  |
| **Month 6** |  |  |  |  |  |  |

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| **Additional Notes:** |  |
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I understand that you have a busy schedule and I pride myself   
on not keeping you waiting and not keeping you longer than planned.   
Your session will end 50 minutes after it was scheduled to begin.

Please arrive on time. If you have a need to cancel your session,   
please do so at least 24 hours in advance.