

Terms and conditions of guaranteed results Nutrition and Training

Accountability and self-honesty is required to complete the guaranteed results packages.

After experience and careful assessments of thousands of clients the guarantee can only be offered if you sign up for a minimum of 8 weeks, the number of sessions required for full results for weight loss is 3 x 30 minute sessions or 2 x 45 minute PT sessions per week.

You will need handy on your phone:

MyPThub – you will receive an email from beautbodies to set this up

MyFitnessPal – you will receive a 2nd email from beautbodies to set this up

Free Pic Collage App – download and install this to your phone

The following conditions must be met in FULL every day for 8 weeks, without exception while on the program:

1. Nutrition is to be logged daily in MyFitnessPal, this process takes about 15m of your day once you are used to it and is part of the discipline of getting the results you deserve. Instructions/ guidance on using the apps is included.
 - a. On your phone, once logged in MyFitness Pal, log the foods eaten
 - i. and take a photo of your meal/snack just logged i.e. Breakfast photo, Snack photo, Lunch photo, Snack photo, Dinner photo, Snack photo etc.
 - b. The nutrition is to be completed in MyFitnessPal by pressing the “complete diary” button at the end of your last food item each day
 - c. Now upload your nutrition images:
 - i. Open PicCollage and choose grid (select enough grids for every meal/snack), add today's photos and “save to library”
 - ii. Open MYPTHUB and select
 1. “Add progress photo” and add all the photos upload/front/choose from library/add Piccollage photo/save
 - d. All Calorie AND Macros assignments in MyFitnessPal or in your nutrition plan must be adhered to within 10g of each macro, and one day of 500 kcals grace for the whole week is allowed, this is your treat day.
2. Workouts are to be logged via MYPTHUB
 - a. You will be assigned a program which will contain a schedule, all workouts must be completed on the day assigned agreed by you when signing up, if you cannot complete a workout assigned you may choose another workout either gym or cardio using “Your choice of workout” start the session and add sets/cardio time and save ONLY when completed, this will log your time performing the activity.

- i. Alternative cardio is jogging for 30mins, walking briskly (5kmh) for 60 mins, Group Fitness Class (you can select these from Select Workout too), remember start as you start workout and finish on app when you finish!)

Free training:

If you have met all of the above criteria, but not seen your agreed results (goal) you will be trained for free for a further number of sessions up to a max you have attended with me as per the terms and conditions of trade. An initial goal will be mutually agreed and set at signup and applies only with an 8 week minimum signup.

Any medical conditions such as PCOS, Thyroid issues and all injuries must be declared upon automated signup and may be excluded from guaranteed results.

Signed By:

Witnessed by Beaut Bodies