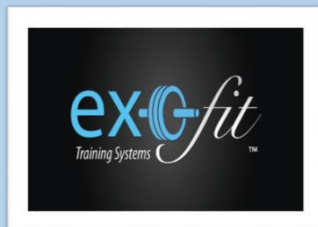


“Baby On Board”



Registration Form

Name:

Contact Number:

D.O.B:

Address:

Date:

Email Address:

Please tick the stage you are currently at – if pregnant or postpartum please indicate time length e.g. 6wks/mths.

<u>Stage</u>	<u>Tick</u>	<u>Time</u>
Pre-Conception – wanting to start a family		
Pregnancy – currently pregnant		
Postpartum – just had your bundle of joy		

All “Baby on Board” Programs include the Basic Package as below:

- 2 x Consultations with an AEP – Initial 45mins which includes all screening etc. & 30min follow-up at 4 weeks (face to face or skype – your choice)
- 1 x Individualised Monthly Fitness Program – allows you to workout whenever and wherever you like
- Fact Sheets / Newsletters - emailed out
- Diary – 12 weeks Nutrition and Fitness plus other valuable information
- 1 x LiveLighter Waterbottle
- 1 x LiveLighter Carry bag
- 1 x LiveLighter Pen
- Food Label Wallet Card
- Tips etc.
- Recipe Booklets
- Discussion Forum

Upgrade with Optional Choices – Please tick any options you’d like to add to your program so we can customise the best package deal for you!

<u>Additional Options</u>	<u>Tick</u>
Individual Nutritional Plan	
Motivational Phone Calls or Skype – 2 per month	
Unlimited Email Contact	
1 x A3 Abs Poster	
Fitness Classes - 1 x 45-60mins per week	
Fitness Classes - 2 x 45-60mins per week	
Fitness Classes – 3 x 45-60mins per week	

For more information please contact Exofit Training Systems via email lee@exofit.net or phone: 0416 011 166

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