

Ultimate-U Fitness Body Transformation Contract

I, J.D. Doyle, as your fitness coach and trainer, promise to:

- ◆ Perform a body composition analysis and goal setting conference at the beginning and conclusion of the six-week program.
- ◆ Assess the client for strength, ROM, flexibility, aerobic capacity, and core stability.
- ◆ Design the most appropriate cardio and resistance training programs for the client based on his/her goals, experience, and abilities.
- ◆ Assign additional flexibility and/or core stability exercises, and provide instruction as necessary.
- ◆ Provide an exercise and diet log for the client, w/extra worksheets as needed.
- ◆ Assess the metabolic type of the client. Recommend a diet plan tailored to the needs and goals of the client based on these factors: metabolic rate & type, age, height, weight, activity level, cellular oxidation rate, food allergies, A.N.S. dominance, blood type, cultural heritage, and food preferences.
- ◆ Provide quality education (including reference manual & weekly handouts) on the following topics: the benefits and effects of aerobic & anaerobic exercise, nutrition, metabolism, lipolysis (fat burning) & other related biochemical processes, organics, food allergies, vitamins, minerals, and other nutritional supplements.
- ◆ Provide the following products:
 - Before and after photos
 - Polar F1 heart rate monitor
 - 2lbs. Optimum Whey Protein Powder
 - 180 caps Fish Oils
 - 120 tabs Optimum Men's or Women's Multivitamin
- ◆ Provide a full refund for the cost of the training if the client does not reach the goals we set together in the predetermined time frame. (Subject to the terms and conditions in the *Disclaimer*.)

Signed on this _____ day of _____, 2005.

J.D. Doyle, President
Ultimate-U Fitness

I, _____ agree to:

- ◆ Provide at least 6 hours notice prior to the session start time if I need to cancel a session. Any less notice, or failure to call at all, will result in the client being charged for that session. (Call 407-399-5734.)
- ◆ Perform the prescribed resistance training program 3 or 4 times per week. I understand that I must log my reps, sets, and weights when training on my own.
- ◆ Perform cardio/aerobic exercise 5 days per week, minimum. Each session must include:
 - Minimum 20 min. HIIT, OR
 - Minimum 40 min. steady state, moderate intensity (includes group classes)
- ◆ I understand all exercise must be recorded as to intensity, duration, and mode.
- ◆ Take the multivitamins, minerals, and fish oils each day at the recommended dosage, unless otherwise instructed by my physician.
- ◆ Take 1-2 scoops of whey protein powder within 1 hour before or after completing my resistance training.
- ◆ Eat according to the recommendations outlined in your personalized diet plan.
- ◆ Log all food eaten over the course of the program for 6 days per week minimum, unless instructed otherwise. This includes calories, carbs, protein, & fat content whenever possible.
- ◆ Have diet and exercise logs ready for review each week at the appointed time.
- ◆ Strive for at least 7 hours of sleep every night.
- ◆ I understand that the money back applies only to the cost of the training sessions. It does not apply to the cost of the diet, nutritional counseling, heart rate monitor, supplements, and other educational materials.
- ◆ I understand that the refund for the training is contingent upon adhering to all the above stated terms and conditions in this contract. Failure to comply with any of the terms and conditions will void the refund. I understand that the refund is also contingent upon the client producing blood test results within the last year that show that his/her thyroid, testosterone, estrogen, and progesterone hormone levels fall within the normal range for the client's age and gender.

Signed on this _____ day of _____, 2005.

(Sign your name here)