

# 2008 Fat Loss Packages

Make 2008 your year

## 1) 3 month fat loss package:

- Week 1: Initial Appointment
  - Week 2: Weigh in
  - Week 4: Review
  - Week 6: Weigh in
  - Week 8: Review
  - Week 10: Weigh in
  - Week 12: Final appointment and long term plan
- Diet assessment & nutrient analysis  
→ Diet, supplement and exercise plan  
→ Unlimited email follow up  
→ Free email updates each week  
→ Ideal for those wanting to lose 10kgs and less

**Fee: \$ 550.00**

## 2) 6 month fat loss package:

- Week 1: Initial Appointment
  - Week 2: Weigh in
  - Week 4: Review
  - Week 6: Weigh in
  - Week 8: Review
  - Week 10: Weigh in
  - Week 12: Review
  - Week 16: Review
  - Week 20: Review
  - Week 24: Final appointment and long term plan
- Diet assessment & nutrient analysis  
→ Diet, supplement and exercise plan  
→ Unlimited email follow up  
→ Free email updates each week  
→ Ideal for those wanting to lose 20kgs and less

**Fee: \$ 1000.00**

## 3) 12 month fat loss package:

- Diet assessment & nutrient analysis  
→ Diet, supplement and exercise plan  
→ Twice monthly weigh in's for 3 months then monthly appointments  
→ Unlimited email follow up  
→ Free email updates each week  
→ Ideal for those wanting to lose 30kgs+

**Fee: \$ 2000.00**

**"Forget past mistakes and failures. Focus your energy and thoughts on what you are doing now and creating for the future"**