

Sisters in Fitness and Health 2016 Accountability Program

Sisters in Fitness and Health is approaching its 7th year Anniversary and in that time I have learned a great deal about how to help clients lose weight. I also understand why so many are struggling to maintain consistency and motivation to workout and eat healthy. I have developed this program to help keep my clients on track and to help them over humps and how to break through plateaus. This program will be a place of accountability and a source of motivation while offering feedback and guidance about how to reach your attainable goals. Accountability means the client reports his/her activities for the week and in return receives feedback and guidance on how to proceed in the upcoming week. Journaling and recordkeeping is critical to the process.

The 2016 Accountability Program begins 1/4/2016; Begin dates may vary.

Requirements: Journal; Paper or Electronic (FatSecret, MyFitnessPal, Notepad)

Weekly Accountability Check Ins (Client reports on prior week's activities)

5th Week Check In /Journal Summary/Weight & Measurement Evaluation; Photographs

Getting Started (Initial Payment)

Biography

Questionnaire & Goal Setting

Goal Evaluation

Meal Planning

Option 1: SIFH Meal Plan provided in the SIFH Handbook (recommended)

Option 2: Use your own Meal Plan I will review and offer suggestions.

Measurements & Weights

Height:

Weight:

Measurements:

Photos:

Exercise & Training

Online Training available via the website, this is a weight training program utilizing a full gym environment.

Option1: 16 week Online Training Program \$1600.00

Option 2: Training of your choice and I will offer suggestions as needed.

PAYMENT SCHEDULE

Weekly Pmt.	Amount	Due Date	Week of
1st Payment	49.98	12/28/15	1/4/2016 thru 1/8/2016
2nd Payment	24.99	1/4/16	1/11/2016 thru 1/15/2016
3rd Payment	24.99	1/11/16	1/18/2016 thru 1/22/2016
4th Payment	24.99	1/18/16	1/25/2016 thru 1/29/2016
5th Payment	24.99	1/25/16	2/1/2016 thru 2/5/2016
6th Payment	24.99	2/1/16	2/8/2016 thru 2/12/2016
7th Payment	24.99	2/8/16	2/15/2016 thru 2/19/2016
8th Payment	24.99	2/15/16	2/22/2016 thru 2/26/2016
9th Payment	24.99	2/22/16	2/29/2016 thru 3/4/2016
10th Payment	24.99	2/29/16	3/7/2016 thru 3/11/2016
11th Payment	24.99	3/7/16	3/14/2016 thru 3/18/2016
12th Payment	24.99	3/14/16	3/21/2016 thru 3/25/2016
13th Payment	24.99	3/21/16	3/28/2016 thru 4/1/2016
14th Payment	24.99	3/28/16	4/4/2016 thru 4/8/2016
15th Payment	24.99	4/4/16	4/11/2016 thru 4/15/2015
16th Payment	24.99	4/18/16	4/25/2016 thru 4/29/2016
17th Payment	24.99	4/25/16	5/2/2016 thru 5/6/2016
18th Payment	24.99	5/2/16	5/9/2016 thru 5/13/2016
19th Payment	24.99	5/9/16	5/16/2016 thru 5/20/2016
20th Payment	24.99	5/16/16	5/23/2016 thru 5/27/2016
21st Payment	24.99	5/23/16	5/30/2016 thru 6/3/2016
22nd Payment	24.99	5/30/16	6/6/2016 thru 6/10/2016
23rd Payment	24.99	6/6/16	6/13/2016 thru 6/17/2016
24th Payment	24.99	6/13/16	6/20/2016 thru 6/24/2016
25th Payment	24.99	6/20/16	6/27/2016 thru 7/1/2016
26th Payment	24.99	6/27/16	7/4/2016 thru 7/8/2016
27th Payment	24.99	7/4/16	7/11/2016 thru 7/15/2016
28th Payment	24.99	7/11/16	7/18/2016 thru 7/22/2016
29th Payment	24.99	7/18/16	7/25/2016 thru 7/29/2016

30th Payment	24.99	7/25/16	8/1/2016 thru 8/5/2016
31st Payment	24.99	8/1/16	8/8/2016 thru 8/12/2016
32nd Payment	24.99	8/8/16	8/15/2016 thru 8/19/2016
33rd Payment	24.99	8/15/16	8/22/2016 thru 8/26/2016
34th Payment	24.99	8/22/16	8/29/2016 thru 9/2/2016
35th Payment	24.99	8/29/16	9/5/2016 thru 9/9/2016
36th Payment	24.99	9/5/16	9/12/2016 thru 9/16/2016
37th Payment	24.99	9/12/16	9/19/2016 thru 9/23/2016
38th Payment	24.99	9/19/16	9/26/2016 thru 9/30/2016
39th Payment	24.99	9/26/15	10/3/2016 thru 10/7/2016
40th Payment	24.99	10/3/16	10/10/2016 thru 10/14/2016
41st Payment	24.99	10/10/16	10/17/2016 thru 10/21/2016
42nd Payment	24.99	10/17/16	10/24/2016 thru 10/28/2016
43rd Payment	24.99	10/24/16	10/31/2016 thru 11/4/2016
44th Payment	24.99	10/31/16	11/7/2016 thru 11/11/2016
45th Payment	24.99	11/7/16	11/14/2016 thru 11/18/2016
46th Payment	24.99	11/14/16	11/21/2016 thru 11/25/2016
47th Payment	24.99	11/21/16	11/28/2016 thru 12/2/2016
48th Payment	24.99	11/28/16	12/5/2016 thru 12/9/2016
49th Payment	24.99	12/5/16	12/12/2016 thru 12/16/2016
50th Payment	24.99	12/12/16	12/19/2016 thru 12/23/2016
51st Payment	24.99	12/19/16	12/26/2016 thru 12/30/2016
Total	1299.48		

Pay Every 5 Weeks	Every 5 Weeks	Due Date	Week of
1st Payment	99.99	12/28/15	1/4/2016 thru 2/5/2016
2nd Payment	99.99	2/1/16	2/8/2016 thru 3/11/2016
3rd Payment	99.99	3/7/16	3/14/2016 thru 4/15/2016
4th Payment	99.99	4/11/16	4/18/2016 thru 5/20/2016
5th Payment	99.99	5/16/16	5/23/2016 thru 6/24/2016
6th Payment	99.99	6/20/16	6/27/2016 thru 7/29/2016

7th Payment	99.99	7/25/16	8/1/2016 thru 9/2/2016
8th Payment	99.99	8/29/16	9/5/2016 thru 10/7/2016
9th Payment	99.99	10/3/16	10/10/2016 thru 11/11/2016
10th Payment	99.99	11/7/16	11/14/2016 thru 12/16/2016
11th Partial Payment	49.97	12/12/16	12/19/2016 thru 12/30/2016
Total	1049.87		

Quarterly	Amount	Due Date	Week of
1st Payment	262.46	12/28/15	1/4/2016 thru 4/1/2016
2nd Payment	262.46	3/28/16	4/4/2016 thru 7/1/2016
3rd Payment	262.46	6/27/16	7/4/2016 thru 9/30/2016
4th Payment	262.46	9/26/16	10/3/2016 thru 12/30/2016
Total	1049.84		