



BODIFIT ONLINE PERSONALISED PROGRAM

Welcome

We'd like to welcome you to the [BodiFit](#) Online personalised programming, a system designed to prepare you for your next race or competition; not just by providing a framework but by setting accountability for you to adhere to.

Introduction

What can we do for you? You will have a thorough and well planned program based around your schedule, availability and most importantly, your personal goals. As a BodiFit Online member we hope that you will immerse yourself in the BodiFit community and utilize our online [videos](#) and [photos](#), and also keep up to date with the [blog](#), [latest news](#) and [events](#) pages. Be sure to join the new BodiFit Member Only [Facebook group](#), our trainers monitor social media every 24 hours.

To cut to the chase, what's required of you? It is up to you to tick off each and every day, making sure that you have completed the task at hand. Only you have the power to make the decision to get the job done – cross off each daily workout and record your test/rest times as you go. As this is a distance coaching program, you need to take the initiative, staying motivated and hungry to achieve your goal.

A word on exercise and nutrition. BodiFit trainers are well experienced and have spent years refining our science and evidence based knowledge along with a multitude of fitness and nutrition qualifications. We have a very good understanding of training, nutrition and how the body works. Nutrition is a key part of any training regime. Each and every one of us has different hormones, genetics and energy requirements all of which impact dietary habits. However, we are not dieticians. We won't prescribe a specific diet because we want you to stick to training and eating well for life – eventually without our help. We encourage our online members to complete the BodiFit [food diary](#) and send a copy (photo or email) for feedback and review. If we see a trend in your food diary that could do with a change, we will provide a variety of options for long term healthy eating.

Interested? So, what's next if you'd like to be part of the BodiFit crew? First, we need a bit more information about you and ask that you please **complete the below information and send this back to us via email (or even social media) - it's that easy!**



Step 1 – Goal Setting and Training Availability

BodiFit’s personalised program is about you! Firstly, we need to understand your goals, your training schedule and how you will approach training.

Please complete and return (either copy/paste or edit) your answers to the questions below.

- What are you training for? If an event, please include event name, date and website if available
- What is your training availability and how many days will you train?
- What equipment is available to you when you train?
- How much time can you spend training each day?
- Which days will you train? Please mark with an X in table below. Exact times are not necessary.

	MON	TUE	WED	THUR	FRI	SAT	SUN
AM							
PM							

Step 2 - Health and Fitness Screening

You will then need to **complete and return** the Health and Fitness Screening form available on the BodiFit Online information page and attach this with the above information to info@bodifit.com

Step 3 - Sign Up

What we will then need you to do, is to head on over to [BodiFit Online](#) to sign up for Personalised Programming which is \$100 (including GST) per month. You will receive automatic payment confirmation and we will get notification that you have decided to join the team.

Please remember to send your goals and training availability along with health and fitness screening to info@bodifit.com Once we have received your details, we will get to work on your program.

Yours in the best possible health,



E: info@bodifit.com

W: www.bodifit.com