



# Getting Started



- **How do I become a Body Tailor client?**

1. Complete and return Intake Questionnaire.
2. We will contact you to schedule your first appointment.
3. **First appointment:** Initial telephone consultation.
4. **Second appointment:** Orthopedic assessment and movement evaluation.
5. **Third appointment:** Begin training.
6. Your practitioner will design your first training program.
7. **Forth appointment:** Receive and begin learning your personal training program.
8. **Train!**

- **How much will this cost?** The more you commit, the less it costs you per session.

1. **By the Hour:** Practitioners bill for time with clients, or working on their cases.
  - **One hour at a time.**
  - **5-hour packages. 25% discount:**

OR:

2. **Supervised Training Packages:** The Body Tailor bills a set monthly fee for weekly training.
  - **Weekly training commitments.**
    - **1 hour to 5 hours per week with a practitioner. 45% - 60% discounts.**
  - **Program design included.**
  - **Open gym day on Saturday included.** Train independently from 10am – 2pm.
  - **Public workshops included.**
  - **Discounts on products and services.**

OR:

3. **Independent Training Packages:** Program design and consulting for the more Independent client.
  - **Individualized training program design.**
  - **Video of custom training program.**
  - **Three ½ hour consultations.**
  - **Discounts on products and services.**

*Only you can realize your dreams. Only you can experience the journey.*