

Body Transformation Challenge (BTC)

\$75 non-refundable deposit, per participant, due by March 23rd

- Checks payable to **Metamorphosis Studio**. Include participant's name, tele# and email address in MEMO of check, or on a separate piece of paper.
- Once deposit is received by **Metamorphosis**, you will receive an emailed QuickBooks receipt, Health Questionnaire, and BTC dates to remember (Health Questionnaire & Dates can also be found on website) www.evolvehealthy.com
- Balance \$ and the Health Questionnaire packet are due, **COMPLETED**, at Orientation on **March 25 @ 4pm**

TOTAL FEES

- \$650 Single participant
- \$1200 Couples (Save \$100 with Couples Commitment; Couples must live within same household.)

***BTC includes:** Personalized Nutrition Plan, fitness design program, Full body assessment, body fat analysis, photos, measurements, a Smart Cart Grocery Store Trip, A healthy dining out experience, accountability/education meetings and follow ups bimonthly, email contact, recipe exchange, Re-assessment, prizes to winner who loses the most body fat.*

Save the dates: (No functions include a “make up day”)

All meetings are very important to your overall success and total transformation. Make it happen, get here!

March 25 @ 4pm (Sunday): **Orientation @** Metamorphosis Studio, & scheduling of your one on one appt.

March 26-April 6 within these 2 weeks, you will complete both your one on one appointment with Trainer & Dietitian. These appts. Include personalizing of your nutrition plan, fitness program design, body fat analysis, measurements and photos. Bring correct clothing discussed on March 25.

March 30th (Group I- **5pm-6:15pm**) & (Group II- **6:15pm-7:30pm**) (Friday)
Meet @ ShopRite in Clinton inside at entrance/lobby area for the **Smart Cart Grocery Store Tour**. We will begin @ 5pm & 6:15pm regardless of tardiness.

April 9 email check up

April 20 @ 6:30pm (Friday) accountability meeting (DINE out healthy experience) @ Circa Restaurant in High Bridge. “Dutch” This is usually just a good, fun time. A great opportunity to share with the BTC with your family and friends. Allow RD and trainer to explain what you have committed to, why, and how they can be apart of the next BTC. Bring all questions to this open discussion.

April 29th @ 1- 2pm (Sunday) Midpoint Meeting@ Metamorphosis. Body fat reassessment

May 7 email check up

May 13 @ 2-3:30pm (Sunday) accountability meeting @ Metamorphosis. Learn more on how to continue breaking your barriers!

May 21 email check up

May 21-27 email Metamorphosis and schedule your

Re-assessment between of **June 11June 15**

June 3 @ 1-2pm (Sunday) accountability meeting at Studio.

June 11 Official END BTC day