

## Twelve Week Weight Loss Program

Nutrition	Acupuncture	Exercise	Supplements
<b>Week 1 - \$100.00</b> <ul style="list-style-type: none"> <li>• One hour overview</li> <li>• Introduce</li> <li>• Give Supplements</li> <li>• Teach Basic Nutrition</li> </ul>	Two times per week \$80.00/week	Two times per week \$90.00/week	Supplement plan vary with individual needs. Example:  <b>Protein</b> AM - 84 Days <ul style="list-style-type: none"> <li>- 1 Scoop ProComplex</li> <li>- 1 pack Meal Replacement</li> </ul> PM 60 Days (No workout) <ul style="list-style-type: none"> <li>- 2 Scoops ProComplex</li> </ul> 24 Days (With workout) <ul style="list-style-type: none"> <li>- 1 Scoop ProComplex</li> <li>- 1 Scoop PostWorkout</li> </ul> <b>Slim &amp; Spark</b> 1 time per day – Quick drink (decrease carb conv to fat) 1 time per day – energy throughout day  <b>Catalyst</b> 60 days (no workout) <ul style="list-style-type: none"> <li>- 3 capsules per day</li> </ul> 24 days (with workout) <ul style="list-style-type: none"> <li>- 6 capsules with workout</li> </ul> <b>Weight Loss Supplement</b>  <b>Multivitamins 84 Days</b> 2-4 times per day depending on product during program
<b>Week 2 - \$100.00</b> <ul style="list-style-type: none"> <li>• One hour follow-up</li> <li>• BIA/Weight/BP</li> <li>• Teach Nutrition</li> </ul>	Two times per week \$80.00/week		
<b>Week 3 - \$80.00</b> <ul style="list-style-type: none"> <li>• 30 minute follow up</li> </ul>	Two times per week \$80.00/week		
<b>Week 4 - \$80.00</b> <ul style="list-style-type: none"> <li>• 30 minute follow up</li> </ul>	Two times per week \$80.00/week		
<b>Week 6 - \$40.00</b> <ul style="list-style-type: none"> <li>• 15 min BIA</li> </ul>	As needed		
<b>Week 9 - \$40.00</b> <ul style="list-style-type: none"> <li>• 15 min BIA</li> </ul>			
<b>Week 12 - \$80.00</b> <ul style="list-style-type: none"> <li>• Final Follow up</li> <li>• Review</li> </ul>			
<b>\$520.00</b>	<b>\$320.00</b>	<b>\$1080.00</b>	

**Total \$3240**

(\$38/day)