

# Extreme Lifestyle Makeover



## Baseline Measurement Appointments (10 minutes each)

Name:	Date & Time:
1.	
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# Extreme Lifestyle Makeover



## Participant Accountability Checklist

Name:	Paid \$10.00	Measurements			One-on-One Attended
		Baseline		Final	
1.					
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# Extreme Lifestyle Makeover



## Final (8 Week) Measurement Appointments (10 minutes each)

Name:	Date & Time:
1.	
2.	
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# Extreme Lifestyle Makeover



## One-on-One Consultation Appointments (30 minutes each)

Name:	Date & Time:
1.	
2.	
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