



# Whole Body Fitness Lifestyle Weight Management Consulting

## Policies and Billing Agreement

As my goal is a successful experience for those I work with and to provide all my clients with excellent service the following policies are in place for us to efficiently do this.

### **Please read my policies carefully!**

**1) 24 Hour Cancellation Policy:** I work on a scheduled appointment basis. Because your appointment time has been reserved especially for you, clients are required to give a minimum of 24-hours notice when canceling an appointment, which at that time can be rescheduled at no charge. With a 24-hour notice I am able to schedule someone in your place.

**If you cancel with less than 24 hours notice you will be billed an additional \$120 for missed meetings and \$50 for missed phone sessions above and beyond the \$800 program cost.**

**2) Billing:** Whole Body Fitness/Lisa Dougherty bills its clients on a pre-pay basis. Bills are issued directly to the client when services are retained and are due upon first meeting with client to create Lifestyle Weight Management Program.

Checks are made payable to: Whole Body Fitness

**3) Scheduling Appointments:** I schedule appointments 2 months out in advance. I work with many people's schedules and schedule on a first come first serve basis.

**4) Heart Rate Monitor:** Lifestyle Weight Management clients are recommended to wear a Polar fitness heart rate monitor during their exercise time. Not only does it monitor heart rate but also tracks how many calories burned during exercise. If your goal is weight loss, I will ask you to exercise 3500 calories per week. (to lose 1lb of week by exercise: a goal would be 500 calories a day or 3500 calories a week = 1lb of body fat). Studies have shown that people who use some kind of self-monitoring device tend to stay with a program of physical activity longer than those who don't, because they have a way a to measure their progress, which gives them a sense of accomplishment. I can help you with purchase locations.

**5) Medical Release:** If you are over 50, over 50lbs overweight you will be required to get a medical release from your doctor to begin an exercise program with me. I will provide one for you.

**6) Body Composition Testing:** Whole Body Fitness will pay for one body fat composition test (clients 16 years and older) with Fitness Wave per 12 month period either for training or for Lifestyle weight Management Program.

**7) Resting Metabolic Rate Testing:** Whole Body Fitness will pay for one Resting Metabolic Rate Test with Fitness Wave. If you would like to get additional ones the cost will be your responsibility.

*Whole Body Fitness reserves the right to change these policies at any time.*

**Please read before starting this program:**

As a Lifestyle Weight Management Consultant through the American Council on Exercise it is beyond my scope of practice and qualifications to counsel on medical conditions such as diabetes, hypertension or high cholesterol, disordered eating or recommend dietary supplements. I am happy to refer any questions or issues beyond my scope of practice to a qualified health professional or offer a list of reliable health resources. As always, my goal is a successful experience for those I work with.

I, \_\_\_\_\_ have read the aforementioned and understand and accept these policies as they relate to my Lifestyle Weight Management Program with Whole Body Fitness.

\_\_\_\_\_

Signature of CLIENT

\_\_\_\_\_

Date

*Revised 01/07*