



OVERVIEW OF MFB BOOTCAMPS

PRE BOOT CAMP

- Free 15 - 30 minute meeting to discuss your lifestyle, weight history, eating & exercise habits, health history and what you would specifically like to achieve working with me. We will also review your questionnaires & food diary.
- Carry out a Body Fat and BMI Composition Tests

DURING BOOT CAMP

- Whole Body Exercise - covering your shoulders, chest, arms, abs, back, legs and glute
- 45 minutes exercise with 15 minutes warm up, cool down and stretches

POST BOOT CAMP

Create a Personalized Nutrition & Exercise Profile

- Create sample meal plans
- Put together sample exercise program based on your goals
- Sample meal plan will also include a copy of the Clean Eating Handbook or Clean Eating Recipes by Tosca Reno
- Follow up phone call or meeting to see how you are getting on

Remember we are in this together and we are here for you 24 hours a day 7 days a week 364 days a year.

