

Client Guarantee Form

little Sanctuary 100% Satisfaction Guarantee

Here at little Sanctuary I am fully committed to your success!

My promise to you is simple: follow your program as it is designed and intended to deliver you the best results possible. I guarantee you'll begin to look and feel better after 12 weeks of working with me or we'll refund your entire investment in my training program. ****OR**** If after working with me for 1 month, you're not satisfied and not starting to look and feel better, I will cancel you out of the remainder of your agreement.

The relationship between you (my client) and myself (your Instructor) is a partnership. And only through working together can the mutually beneficial goal (your results) be best achieved.

My commitment to you:

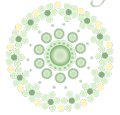
Assess and determine together realistic health and fitness goals and put them on a timeline for achievement

Design a complete program to achieve your goals that includes:

- Nutrition advice – to fuel your body in the most natural way possible (If you seek further guidance I will put you in contact with a trusted nutritionist.
- Resistance training – to increase your strength and build lean muscle
- Cardiovascular exercise – to optimize fat burning and heart health (by participating in VIIT circuits at little Sanctuary or through your chosen activity)
- Stretching – to accelerate your recovery from exercise and prevent injury
- Coaching – to motivate, support, and encourage you when required
- Teach you all the Pilates that is practical for you to implement into your daily habits and life
- Give you the option to meet every 4–6 weeks to review your progress, answer any questions you may have in regards to your fitness and health and ensure you are on the path to your goal.

Based on my commitment to you, I require the following from you:

1. Practice Pilates 2–3 days per week at little Sanctuary (Online library option as well) for a minimum of 12 weeks (cancelled training sessions must be made up during the same week)
2. Complete cardiovascular activity exceeding 20 minutes per day at least three times per week
3. Fill out your Wellness Journal for 12 weeks
4. Be accountable with your nutrition, use your wellness journal to track your regular eating habits and review which areas could be improved for your goals.



After the 12-week period, if you can honestly say you followed all four of the requirements and do not look or feel better than you did when you first stepped through my doors, I will refund your entire package investment. ****OR*** If after working with me for 1 month and if you can honestly say you followed all four of the requirements, you're not satisfied and not starting to look and feel better, I will cancel you out of the remainder of your agreement.

Client

Date