

# THE ULTIMATE RAW TRANSFORMATION PROGRAM CONTRACT

Dear Potential Member:

**Please carefully read this contract and send it back with your initials and the date but ONLY if you agree to the terms.**

\*I acknowledge that I don't have to eat healthy. I get to eat healthy. \_\_\_\_\_ (initial)

\*I am not doing this course to punish myself. I am doing this because I love myself enough to do what it takes to get the body, health, and life of my dreams! \_\_\_\_\_ (initial)

\*I am willing to do what it takes to get what I deserve. I am worth it! \_\_\_\_\_ (initial)

\*I commit to working with and being an accountability partner with another member during the program (and beyond, if both parties agree) \_\_\_\_\_ (initial)

\*I have wished enough. I have waited enough. I have planned enough. And now, I am ready to get to work. \_\_\_\_\_ (initial)

\*I commit to abstaining from processed, junk foods for the duration of the 6-week course (a list of compliant and non-compliant foods will be sent upon application approval) \_\_\_\_\_ (initial)

\*I am available to attend two Live Sessions a week on Zoom every Wednesday and Sunday from 7pm to 8:30 pm EST. \_\_\_\_\_ (initial)

\*I am willing and able to commit to exercising for 30 min a day | 3 times a week. \_\_\_\_\_ (initial)

Signature \_\_\_\_\_ Date \_\_\_\_\_