

i-Physique

Summer Transformation Challenge!



Men

Complete 12 Week Nutrition Program



Woman

Open Enrollment Starts in June



Program Includes

GUIDANCE

- ◆ Personalized Nutrition
- ◆ Macronutrient Profile
- ◆ Calorie Targets
- ◆ Food Exchange List
- ◆ Cardio Recommendations
- ◆ Recipes & Tips
- ◆ Grocery / Exchange List

MEASUREMENT

- ◆ Before Measurements and Photos
- ◆ Bi-Weekly Measurements

SUPPORT

- ◆ 24/7 Access to Kristi via email

"This program just works. Kristi's focus on individualized nutrition and measurement provides you the skills to succeed where you have failed before. Her program will last a lifetime."

- Rebecca Heckel, Client

Coached By

Kristi Tauti



Individuals

Program Cost \$499 - Now is the time to take control!

Couples

Program Cost \$699 - Enter the challenge as a couple for greater success in the home!

Teams

10% individual discount for office teams (4+ employees)

For challenge information email iphysique@live.com
Or visit our website at: www.iphysiquetraining.com