

# Ideal Nutrition

At Ideal Nutrition we offer more than just your typical Ideal Protein Clinic!

- ✓ Our Health Coaches and Nutritionist are highly trained and experienced with the Ideal Protein Program and helping our patients achieve Weight Loss and educating on how to maintain your ideal weight long-term. That's the ultimate goal!
- ✓ We offer affordable monthly membership options to visit with coaches and have the full support you need to reach your goal.

(Please initial)

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## **Option 1: Monthly Coaching - \$29/month**

- ✓ **Weekly 1 on 1 Coaching Appointments**
  - Detailed progress
  - Educational tips and support
  - Modifications to your program to keep you progressing to your goal!
- ✓ **Phone Support with your Coach**
- ✓ **Text Support with your Coach**
- ✓ **Covers every phase of the Ideal Protein Program (Phases 1-3 and Phase 4 Maintenance)**
- ✓ **Ideal Smart App Platform (digital)**
  - Track your meals, supplements and hydration
  - Access the Ideal Protein Video Library anytime from anywhere
  - View your Ideal Protein appointments
  - Set your goals and monitor your progress.

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## **Option 2: Advanced Monthly Coaching - \$39/month**

- ✓ **Weekly 1 on 1 Coaching Appointments**
  - Detailed progress
  - Educational tips and support
  - Modifications to your program to keep you progressing to your goal!
- ✓ **Phone Support with your Coach**
- ✓ **Text Support with your Coach**
- ✓ **Covers every phase of the Ideal Protein Program (Phases 1-3 and Phase 4 Maintenance)**
- ✓ **Ideal Smart App Platform (digital)**
  - Track your meals, supplements and hydration
  - Access the Ideal Protein Video Library anytime from anywhere
  - View your Ideal Protein appointments
  - Set your goals and monitor your progress.
- ✓ **Unlimited use of our Styku 3D Body Scan**
- ✓ **5% off discount on all Ideal Nutrition Retail Products!!!!!!**

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**Option 3: Pay as you go! - \$15/per appointment**

- ✓ **Weekly 1 on 1 Coaching Appointments**
  - Detailed progress
  - Educational tips and support
  - Modifications to your program to keep you progressing to your goal!
- ✓ **Phone Support with your Coach**
- ✓ **Covers every phase of the Ideal Protein Program (Phases 1-3 and Phase 4 Maintenance)**
- ✓ **Ideal Smart App Platform (digital)**
  - Track your meals, supplements and hydration
  - Access the Ideal Protein Video Library anytime from anywhere
  - View your Ideal Protein appointments
  - Set your goals and monitor your progress.

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**Automatic Renewal:**

All Monthly Session Based Membership plans are paid by monthly automatic electronic payment (credit card, debit card, or automatic checking account draft). Monthly memberships will automatically renew each month at the same payment terms and billing date established at time of enrollment.

**Membership Cancellation:**

Month-to-Month plans, and memberships can be canceled at any time; however, we must receive notification by the 15<sup>th</sup> of the month to cancel your membership or freeze it for the upcoming month(s).

If you decide to take a break from Ideal Protein we can Freeze or Cancel your membership depending on the timing of when you choose to return. We can freeze a membership for 2 months (60 days).

If you need to restart and did not freeze your account, there will be a one-time \$25-member reinstatement service fee.

**Medical Acknowledgement**

By signing below, you acknowledge that you understand that I'm not a physician and will not be held liable for failure to diagnose or treat an illness, nor will I or Ideal Weight and Skin be liable for failure to prevent future illness.

Additionally, you promise to give me a complete and accurate account of any medical conditions that you may have and any medications that you are taking or has changed and needs to be updated in your profile records.

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**ACKNOWLEDGEMENT**

I have had an opportunity to read the above Membership Policy and I agree to the above Policies.

\_\_\_\_\_  
(Signature of Client)

\_\_\_\_\_/20\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(IWAS Signature)

\_\_\_\_\_/20\_\_\_\_\_  
(Date)