

WELCOME **BEAUTIFUL**





BODY & LIFESTYLE ASSESSMENT

Current weight :

Weight 1 year ago :

Ideal Weight :

Lowest Weight you've been :

When did you feel your best? Age?

What has been your biggest challenge with weight loss and having a life you love?

Do you cook your own meals?

What do you desire most in life?

Do you work out? If so, how many days a week?

What do you look to gain from this experience?

What is your favorite fitness activity?

What are your top 3 goals in wanting to work with me?

Where do you struggle most in your life?



COMMITMENT

My intention for enrolling in the MK Jumpstart Program is to:

I, _____, declare that I am committed to my weight loss success through the following actions:

I will set aside 2 hours minimum each week to go through the weekly module and listen to the training call.

I will make arrangements in advance and attend the training calls live. If for some reason I miss a call, I will listen to the recording within 48 hours.

I will actively take on the MK Jumpstart homework and suggestions each week, applying the changes that are discussed each week.

I will fully participate in the Q&A discussions at the end of the calls to ensure I get the most from my investment.

I am committed to following the plan and guidelines set forth regardless of my resistance.

I commit to being positive, and working to take positive action aligned with my weight loss and health goals as set forth by Melissa in this program.

I will listen and adhere to the guidelines and instructions provided by Melissa in this program.



CONTINUED COMMITMENT

I commit to making the changes necessary and required of me throughout the 6 weeks of the MK Jumpstart program.

I will take responsibility for the ways I have unknowingly blocked myself from losing weight, and I will be extremely kind to myself during this process.

I commit to CHOOSING ME for 6 weeks of the MK Jumpstart Program

I will not give up when things feel challenging, or when life happens. I have given myself the gift of joining this program, and will follow through by taking action to bring the change I desire for my body, my health and my life!

SIGNATURE

DATE

CONGRATULATIONS BEAUTIFUL!

**I AM HONORED AND CAN'T WAIT TO SUPPORT AND GUIDE YOU
THROUGH THE MK JUMPSTART PROGRAM.**

*Melissa*KATHRYN