

**TRANSFORMING
MY HEALTH.**

BORN
FOR MORE
FITNESS

LOVE YOURSELF ENOUGH TO LIVE A HEALTHY LIFESTYLE.

Impacting Women. Changing Lives.

Whether it's fat loss you're after, sport-related goals, or maintenance for your health a personalised meal plan is going to get you there. What you eat not only affects how you look and feel, but also affects the way you think. Health is the very foundation of your being, so by working towards and achieving your ultimate health goals you are only setting yourself up to live your best life possible! Don't think you can do it for yourself? Do it for the future of your loved ones! They (and you) deserve to have the best version of you around town.

*You deserve this, beautiful.
You were born for more.*

Complete the page following and email to:

janessa@bornformorefitness.com.au



TRANSFORMING MY HEALTH.



TODAY'S DATE:

HI, MY NAME IS:

I'M BASED IN:

I'M GOING TO BECOME A:

(please circle)

"LEAN QUEEN"

(Fat loss)

"WONDER WOMAN"

(Sports specific)

"BALANCED BODY BABE"

(Maintenance)

BY THIS DATE:

MY AGE:

MY HEIGHT:

MY WEIGHT:

THE TYPE OF EXERCISE I CURRENTLY DO, WHEN, AND HOW OFTEN:

I DO / DO NOT HAVE ANY MEDICAL CONDITIONS. *(circle & list below)*

THE SWEET FOODS I CRAVE AFTER MEALS, AND WHICH MEALS:

THE FOOD ALLERGIES AND INTOLERANCES I HAVE:

THE NUMBER OF MEALS I USUALLY EAT EACH DAY:

THE DIET PLAN I AM CURRENTLY FOLLOWING: *(if any)*

My health goal in more detail and why I'm going to achieve it:

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