



Name: _____

Date: _____

Session 1: Assignment and Expectations

Balance Nutrient Consumption (BNC)

- Insert the LS365-Lifestyle Solutions (Solutions) disc in to your PC/device.
- Open the Solutions program by clicking the “Power” icon.
- Open the BNC Solution by clicking the respective “Power” icon.
- Enter Your Body Parameters.
- Enter Your Live Hours.
- Print Your BNC Solutions program.
- Log all food consumed.

Progressive Cardio Training (PCT)

- _____ Calories burned by _____.

PCT Warm-Up/Flex-101

- Foam Roll:
Muscle group _____
- PCT Warm-Up:
Burned _____ calories
Timed _____ minutes, _____ seconds
- Static Stretched:
Muscle group _____

Next Appointment _____ **at** _____ **am/pm.**

Expectations

Client:

- If for any reason you are unable to make your scheduled appointment 24 hours advance notice is required or you forfeit that session.

Professional Health Counselor:

- If for any reason I am unable to make it to a scheduled appointment I will give you a minimum of 24 hours advance notice or you will receive an additional complementary session at no charge to you.

Client

Professional Health Counselor

Date

Date