



Total Body Transformation 2017 – Track Options

| | Weekly Personal Trainer Meetings | Attend TBT Team Events | Access to TBT Community Forum | Unlimited Class Pass | 5 Weekly PACKed Fresh Meals | Total Value | Total Member Price |
|----------------|----------------------------------|------------------------|-------------------------------|----------------------|-----------------------------|-------------|------------------------|
| Track 1 | ✓ | ✓ | ✓ | ✓ | ✓ | \$1,620 | \$999 / \$333mo |
| Track 2 | ✓ | ✓ | ✓ | ✓ | Not Included | \$840 | \$599 / \$199mo |
| Track 3 | ✓ | ✓ | ✓ | Not Included | Not Included | \$680 | \$359 / \$119mo |

Track 1: This track is for new and continuing members to Total Body Transformation program who need assistance with nutrition, activity and forming/maintaining healthy habits.

- This program includes 5 PACKed Fresh meals each week to help jump start healthy dining habits as well as demonstrate nutritious meals.
- Access to all PAC classes (Unlimited Class Pass), including small group and trainer-led workouts are included.
- Small group and trainer-led workouts ensure members are safely engaging in the right type of movements at the right intensity for them.
- Participants will have regular meetings with a personal trainer who will help members throughout the entire program by designing workouts and providing ideas for individualized meal plans each week.
- Includes access to group events (workouts, food samples, education) as well as access to closed group community forum for team support and encouragement.

Track 2: This track is for new and continuing Total Body Transformation members. This track is designed for those who feel comfortable with their ability to plan and prepare nutritious meals (although all participants will receive helpful hints and recipes throughout the program).

- Access to all PAC classes (Unlimited Class Pass), including small group and trainer-led workouts are included.
- Small group and trainer-led workouts ensure members are safely engaging in the right type of movements at the right intensity for them.
- Participants will have regular meetings with a personal trainer who will help members throughout the entire program by designing workouts and providing ideas for individualized meal plans each week.
- Includes access to group events (workouts, food samples, education) as well as access to closed group community forum for team support and encouragement.

Track 3:

This track is for new and continuing Total Body Transformation members. This track is designed for those who feel comfortable with their nutrition and activity knowledge but who are looking for ongoing support and accountability to cement that knowledge.

- Participants will have regular meetings with a personal trainer who will help members throughout the entire program by designing workouts, progressions and ideas for individualized meal plans each week.



- Includes access to group events (workouts, food samples, education) as well as access to closed group community forum for team support and encouragement.
- This Track includes the support system that will hold participants accountable to their commitment on a regular basis through trainer and team meetings.

Program Compliance

In order for the program to provide the desired results participants must comply with program requirements below:

- Be willing to change!
- Attend weekly meetings with trainers
- Attend majority of team events/workouts
- Create a free account on MyFitness Pal, track meals and allow trainers to view food diary
- Create a free account on Facebook and join the TBT Closed Group. Participants are expected to check the group page multiple times per week to interact with team mates and for program updates from trainers