



Nutrition for WEIGHT LOSS

APPLICATION

In order to be accepted into the 12-week AAY! Nutrition for WEIGHT LOSS program, you must demonstrate that you are ready to make an *extreme* commitment to healthy eating habits and consistent exercise. Please send your answers to the following questions to: ElaineandNar@AAYBootCamp.com

- Why do you want to join our Nutrition for WEIGHT LOSS program?
- On a scale of 1-10, how committed are you to achieving your weight loss goals?
- Will you exercise at least 5 hours a week, each week, throughout this 12-week program?
- Will you be able to give up your favorite treats for 12 weeks?
- Will you be able to give up all alcohol for 12 weeks?
- How do your friends & family feel about your joining a 12-week Nutrition for WEIGHT LOSS program?
- Will you be in town for the full 12-week period?
- What do you feel is your biggest nutrition downfall?
- What is your current weight?
- What is your 12-week goal weight?
- What is your ultimate goal weight?