



charleslloydfitness

PHYSICAL AND MENTAL FITNESS FOR SARCASTIC PEOPLE

Accountability Eating Plan – Part # 1

Food Tracking

List everything that you eat and drink during the week. By everything I mean **EVERYTHING**. All meals, all snacks, all late night snacks, eat a piece of cheese while watching The Office... write it down, a rice cake on the way to work...write that down, anything and everything that you put in your mouth and swallow write it down (get your mind out of the gutter). This includes both food and drink.

DO NOT SKIP ANYTHING, do not write down what you would eat in a “normal” week, write down what you eat this week.

Here is an example:

Time/Type (Breakfast/Lunch/Dinner/Snack)	Food/Drink	Quantity	# of Calories
8:32am Breakfast	Egg McMuffin	2	300x2
	Tootsie Roll	1	10
	Caramel Frap/Starbucks	1 – 16oz	260

For further information, please feel free to contact me at: charles@charleslloydfitness.com

Website: www.charleslloydfitness.com



Name: _____



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List and foods you cannot or won't eat.



Name: _____



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Pricing & Information

Customized Nutrition Plan (based on your goal, i.e. gain muscle, weight loss, drop pants/dress size, marathon, etc.) - \$ 90 for F.I.I.T. Camp Students, \$ 120 for Non F.I.I.T. Camp Students.

- Includes measurements, fat percentage, and customized 8 week nutritional plan.

If student stays on track, a Customized Nutritional “Re-plan” is recommended every 8 weeks - \$45 (F.I.I.T Camp Students) \$60 (Non F.I.I.T Camp Students).

Monthly Nutritional Coaching - \$40 – **NOT OPTIONAL**

- Includes weekly nutritional coaching and encouragement to help you stay on track with your Customized Nutrition Plan.
- Customized Nutrition Plan alternations as needed based on feedback.
- Bi-weekly measurements and body fat percentage measurements.

First Payment will be \$130 or \$160 (depending on F.I.I.T. Camp status) in cash, check, or money order (sorry I don’t take sharks teeth), made payable to Charles Lloyd Fitness.

Discount Information

Any referral to the Accountability Eating Plan will receive a \$15 account credit with **NO LIMIT**. Credit will be added to either the first or next payment cycle.

Example: Rebecca refers her husband and her best friend = \$30 Credit off her next payment cycle.

Example: Robert refers his wife, 5 co-workers, and that one guy at church who he can’t remember his name. = \$105 Credit off his first or next payment cycle.

*Payment Cycle starts the day the initial payment is received.

STUDENT MAY CANCEL AT ANY TIME

Dated: _____

Dated: _____

Nutritional Planner: _____

Student: _____



Name: _____