



ZEN 100% CLIENT SATISFACTION GUARANTEE

Here at ZEN BOOTCAMP we're fully committed to your success !

Our promise to you is simple: follow your program as it is designed and intended to deliver you the best results possible. **We guarantee you'll look and feel better after 12 weeks of working with us or we will refund your entire investment in our training program.**

The relationship between you (our client) and us (your coaches) is a partnership. And only through working together can the mutually beneficial goal (your results) be best achieved.

Our commitment to you:

- 1.** Assess & determine together realistic health & fitness goals & put them on a timeline for achievement
- 2.** To send you programs which include:
 - a. nutrition and supplementation – to fuel your body with the energy required and maintain a muscle-building fat-burning state
 - b. resistance training – to increase your strength and build lean muscle
 - c. cardiovascular exercise – to optimize fat burning and heart health
 - d. stretching – to accelerate your recovery from exercise and prevent injury
 - e. coaching – to motivate, support, and encourage you when required
- 3.** Teach you all the components of your programme & help you implement them into your daily habits & life.
- 4.** Meet with the group every 4–6 weeks to assess your progress, and update your program accordingly so you continue to achieve the best possible results from your investment with us.

Based on our commitment to you, we require the following from you:

- 1.** Workout a minimum of 2–3 days per week following the Zen Training program for a minimum of 12 weeks (cancelled training sessions must be made up during the same week or the following week)
- 2.** Complete cardiovascular activity exceeding twenty (20) minutes per day at least three times per week
- 3.** Fill out your Accountability Food and Cardio Journal in its entirety each day
- 4.** Follow your custom-designed nutrition plan.

After the twelve (12) week period, if you can honestly say you followed all four of the requirements and do not look or feel better than you did when you first stepped through our doors, we will refund your entire package investment.

Client: _____ **Date:** _____