

BODY SCULPTING FORM BUNDLE



**Body Sculpting
CONSULTATION FORM**

PERSONAL INFORMATION

Name: _____
Address: _____
Phone Number: _____
Email: _____
Date of Birth: _____
Gender: _____
Height: _____
Weight: _____
Medical Insurance Company: _____
Referring Doctor: _____

MEDICAL HISTORY

Arthritis	✓	✗
Cancer	✓	✗
Cardio Disease	✓	✗
Diabetes	✓	✗
Hypertension	✓	✗
Psychiatric Disorders	✓	✗
Stroke	✓	✗
Heart, Lung and Muscle Disease	✓	✗
Orthopedic Injury	✓	✗

CONSULTATION QUESTIONS

What motivates you to start this program?
What areas do you want to change?
What are your goals?
What type of diet do you currently eat?
What type of exercise do you currently do?
Any other information?

The Treatment Card

EXERCISES	EQUIPMENT	FOODS
Cardiovascular Endurance	Running, Swimming, Biking	Whole Grains, Fruits, Vegetables
Flexibility	Yoga, Pilates	Protein, Healthy Fats
Strength Training	Gym Equipment, Resistance Bands	Protein, Healthy Fats
Endurance	Swimming, Running, Biking	Carbohydrates, Healthy Fats

Body Plan

Start Date: _____
End Date: _____
Duration: _____ weeks

Body Plan

Start Date: _____
End Date: _____
Duration: _____ weeks

WAIVER AND RELEASE AGREEMENT

I, _____, acknowledge that I have read and understood the following waiver and release agreement.

Waiver and Release Agreement:

I, _____, acknowledge that I have read and understood the following waiver and release agreement.



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DIGITAL DOWNLOADS

Redbook Body Sculpting

Victor M. Corman

Redbook Body Sculpting:

Cosmopolitan Helen Gurley Brown,1995-10 **Margit'S Red Book** Margit Heskett,2008-12-16 Margit Heskett still eats seafood with a knife and fork and politely thanks those who serve her Her walls are covered from floor to ceiling with artwork and her shelves overflow with books Her garden boasts a sculpture collection and she loves to travel and seek new adventures Her adult life mirrors her childhood In this memoir author Margit Heskett details not only her childhood in Czechoslovakia but also her subsequent schooling career and international travels Heskett a natural storyteller has lived a long and interesting life by learning to adjust quickly to new situations and looking at the bright side of life She grew up in Bohemia and came to the United States in 1938 to attend college becoming a United States citizen in 1944 Rich with detail this memoir describes a long career of teaching dancing and traveling Margits Red Book provides a telling narrative of Heskett's richly lived life and of interesting people places and situations These memories may have sprung from hidden places but they serve as a reminder of how precious ones life becomes and the surprises one uncovers when retracing the past

Red Book ,1994-08 The magazine for young adults varies **The Red Book** Sera J. Beak,2010-12-28 The Red Book is nothing less than a spiritual fire starter a combustible cocktail of Hindu Tantra and Zen Buddhism Rumi and Carl Jung goddesses and psychics shaken with cosmic nudges meaningful subway rides haircuts relationships sex dreams and intuition Author Sera Beak's unique hybrid perspective hilarious personal anecdotes and invaluable exercises encourage her readers to live more consciously so they can start making clearer choices across the board from careers to relationships politics to pop culture and everything in between For smart gutsy spiritually curious women whose colorful and complicated lives aren't reflected in most spirituality books The Red Book is an open invitation to find your true self and start sharing that delicious truth with the world New York Red Book ,1918 **The Red Book of Michigan** Charles Lanman,2023-03-05 Reprint of the original first published in 1871 The publishing house Anatiposi publishes historical books as reprints Due to their age these books may have missing pages or inferior quality Our aim is to preserve these books and make them available to the public so that they do not get lost

Redbook's Complete Guide to Beauty Ruth Drake,1973 **The New York Red Book** ,1918 The Red Book of Michigan Charles Lanman,1871 Redbook's Wise Woman's Diet and Exercise Book ,1970

The Red Book of C.G. Jung Walter Boechat,2018-05-08 This book focuses on some of the main aspects and importance of The Red Book for the understanding of the work of C G Jung It sheds light on the great mysteries of human nature and the new dimension uncovered by Jung and Freud the universe of the unconscious and the possible ways to approach it

Practical Guide for Italy. Red Book for Italy ... By an Englishman Abroad [i.e. A. T. Gregory]. Third Edition Alexander Tighe GREGORY,1860 Red Book Magazine ,1999-02 **Jung's Red Book For Our Time** Murray Stein,Thomas Arzt,2021-09-25 Edited by Murray Stein and Thomas Arzt the essays in the series Jung's Red Book for Our Time Searching for Soul under Postmodern Conditions are geared to the recognition that the posthumous publication of The Red Book Liber

Novus by C G Jung in 2009 was a meaningful gift to our contemporary world The Red Book can be considered as a contribution to the Golden Chain aurea catena of the world's imaginative literature reaching back to the ancient Sumerian Epic of Gilgamesh As Jung describes this tradition in a letter to Max Rychner Faust is the most recent pillar in that bridge of the spirit which spans the morass of world history beginning with the Gilgamesh epic the I Ching the Upanishads the Tao te Ching the fragments of Heraclitus and continuing in the Gospel of St John the letters of St Paul in Meister Eckhart and in Dante The Red Book extends the Golden Chain into our era Each of the 18 essays in this third volume of the series Jung's Red Book for Our Time is unique and all of them converge on the central theme of the relevance of The Red Book for people today in search of soul under postmodern conditions This is the third volume of a multi volume series set up on a global and multicultural level and includes essays from the following distinguished Jungian analysts and scholars Bowker's Complete Video Directory, 1999 ,1999 Webster's Royal red book; or, Court and fashionable register Webster A. and co,1847

Consumers Index to Product Evaluations and Information Sources ,1999 Agency Red Book ,1998-07 **Drug Topics Red Book** ,1991 Official Red Book of United States Coins Richard S. Yeoman,1987

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Redbook Body Sculpting**

In some sort of inundated with screens and the cacophony of instantaneous connection, the profound energy and mental resonance of verbal art usually fade in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the lyrical pages of **Redbook Body Sculpting**, a fascinating work of fictional beauty that impulses with organic feelings, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that mesmerizing opus books visitors on a mental odyssey, gently exposing the latent potential and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book's main styles, dissect its interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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