



"A vision can only come true if, sight never leaves it" -DCS

Session Consultation

Date:		Date:	
Review of Progress		Review of Progress	
_____	Proper Food Intake A B C D F	_____	Proper Food Intake A B C D F
_____	Cardio Exercise A B C D F	_____	Cardio Exercise A B C D F
_____	Supplmentation A B C D F	_____	Supplmentation A B C D F
_____	Resistance Training A B C D F	_____	Resistance Training A B C D F
_____	Professional Assist. A B C D F	_____	Professional Assist. A B C D F
Notes:	_____	Notes:	_____
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