

Registration Form for Fat Burning Nutrition 4/27/2018 - 4/29/2018

\$130 money order or cashier check payable to Suzette Lawrence

Mail to: 20 Homestead Rd. Sedona, AZ., 86336

OR:

PaPal: "friends & family" lawrence.suzette@gmail.com

\$130 fee covers the workshop, journal/pocket guide and **the 8 week coaching session.**

Name:

Birthdate:

Billing Address:

Shipping Address:

Telephone/cell #:

Email:

Supplements?

Current Exercise program?

Food Allergies?

Medications?

Under an MD's care?

Medical conditions?

Triangle T Guest Ranch Date: April 27 – 29 2018

Please make room reservations with Triangle T. 520.586.7533

Schedule and Workshop Fee.

\$130 via PayPal to Lawrence.suzette@gmail.com or cashier check to:

Suzette Lawrence, MSN 20 Homestead Dr. Sedona, AZ., 86336

This is an interactive workshop designed in 10-15 minute teaching blocks followed by 5-10 minute Q&A.

Bring a spiral notebook and an exercise mat 😊 !!!

Saturday afternoon 2pm – 4pm Suzette will lead a mindset strategy and exercise session.

After your payment has been received:

1. Workshop at Triangle T.
 - a. Personal intake interview with Suzette.
 1. On site at Triangle T. I will call you to set it up.
 2. Body Fat Analysis.
 3. Goal weight and body composition.
 - b. Saturday and Sunday Morning 9am – 12pm.
 - c. 8 weekly online/telephone group coaching sessions.
 - d. Diet Free Life Journal and a pocket guide.
2. Saturday Schedule
 - a. Mindset
 1. Self-talk.
 2. Morning Motivation
 - b. Nutrition
 1. Foods that burn fat versus foods that store fat.
 2. Healthy Fats and oils.
 3. Portions
 4. Timing
 - c. Exercise
 1. Why we do it and how to begin.
3. Sunday Schedule

a. Mindset

1. Meal and snack planning.
2. Journaling:
 - i. Food
 - ii. Exercise
 - iii. Body Composition. Weigh or measure?

b. Nutrition

1. 5 favorite proteins for breakfast, lunch, dinner.
2. 5 favorite fast carbs for breakfast, lunch, dinner.
3. 5 favorite slow carbs for breakfast, lunch, dinner.
4. 10 favorite and healthy snacks.

c. Exercise

1. Finding what you like.
2. How much is enough?