ASSESSMENT DOCUMENT

1. Date:
2. Name:
3. Country:
4. City:
5. Age:
6. DOB:
7. Weight:
8. Height:
9. Gender:
10. Goal:
11. Married/Single:
12. Are you working/college:
13. Timings:
14. Do you carry meals to the office/college:
15. How many meals do you carry:
16. Food aversions:
17. Food preferences:
18. Veg/Non-veg:
19. Frequency of Non-veg:
20. Preferred cuisine:
21. Fasting day:
22. Frequency of alcohol:
23. Frequency of smoking:
24. Frequency of eating out:
25. Do you exercise:
26. Work-out time:
27. Frequency of workout:
28. Medical history:
29. Period dates (female only):
30. Acidity:
31. Gas:
32. Constipation:
33. Any deficiency: (attach blood reports)
34. Medicines:

KINDLY FILL IN THE DETAILS OF YOUR DIET BELOW (everything that you are eating now and you would prefer to eat)

|  |  |  |
| --- | --- | --- |
| MEAL | TIME | MENU |
| On Rising |  |  |
| Breakfast |  |  |
| Mid–meal |  |  |
| Lunch |  |  |
| Mid-afternoon |  |  |
| Mid-evening |  |  |
| Dinner |  |  |
| Bedtime |  |  |

Kindly get the following blood test done to find out if there are any deficiencies in the body that we can work on during the program. Once the blood test is done, we will also arrange a call with the doctor on board to get a basic understanding of your reports (if needed, not compulsory).

LIST OF REQUIRED BLOOD TESTS:

* CBC Profile
* Lipid Profile
* Thyroid Profile
* Fasting Sugar
* Creatinine
* Vitamin B12 and D3

NOTE: IS THERE ANYTHING, IN PARTICULAR, YOU'D LIKE TO MENTION?

I acknowledge that the information shared by me is true and correct. I understand that all recommendations made by TWN shall be on the basis of the information shared here by me. I also accept all the terms and conditions of Transform with Natasha (TWN).S

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TERMS AND CONDITIONS OF TWN

* The diet plan offered is for a single individual and the same is non-transferable.
* Calls and meetings are only allowed during working hours and anything before and after shall be differently charged.
* Restaurant and In-flight Guides are recommendatory in nature.
* Recipe provided will be recommendatory in nature.
* One shall be responsible to remember his/her follow-up dates/consultation dates and we are not responsible for the same.
* One shall be responsible to update his/her charts/form for the program when required.
* The routine and timing described on the diet plan are as per the client’s needs and we are not advising our clients for an extreme shift in timings and preference.
* The daily follow-ups sent on WhatsApp/Email are not permanent and can be stopped when felt the need.
* The workout links/schedule shared are advisory in nature and we do not guarantee results or are responsible for any injuries.
* TWN shall offer workout guidelines that the client may follow as per his/her physical ability and health.
* The payments shall be made by the client as per the mutually agreed schedule and shall be non-refundable.
* All the payments will be made to designated accounts of TWN.
* In case of any delayed payments, one shall inform TWN in advance or interest of 18% P.A. shall be charged.
* The clients shall agree to the fact that the guides/maintenance given by TWN is modified as per one’s needs and the same does not guarantee results for him/her as well as people around him/her.
* The consultation/meetings can be held on a call/one-on-one and the same shall be held by TWN consultant or Natasha herself and anything over and above the given duration will need one to upgrade to a premium program.
* After taking the consent of the client’s TWN is allowed to use his/her transformation photos and details for marketing purposes.
* The diet plan offered by TWN is recommendatory in nature and is based on the information provided by the client, personnel experience and studies.
* The information provided in our e-mails, programs, services, and products is based on our experience, the client acknowledges that by participating voluntarily in using any of our e-mails, programs, services, and/or products, the client is alone and solely and personally responsible for the results.
* The client needs to understand that the recommendations make about weight training, nutrition, diet & supplements or lifestyle, or information provided to the client may not have the same desired effect and acknowledges the fact that the results are based on the efforts one puts in the program.
* TWN cannot and do not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual. Health, fitness, and nutrition success depend on each individual’s background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment. TWN shall at no point in time be responsible for any adverse result or any medical problems you may face during the course of the program.
* TWN expressly disclaims responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of any material provided to you or any recommendations made to you or any exercises diet plans recommended to the client.
* The client shall hold all information, data, material, instructions, communications, diet plans, consultations offered by TWN confidential and shall not share the same with any other person.
* In no circumstances shall TWN’s liability exceed the number of fees paid by you at the time of registration.
* TWN shall at its option have the right to terminate any diet plan offered to the client.
* The courts in Mumbai shall have jurisdiction over any disputes that may arise between the client and TWN.
* TWN shall at its sole discretion modify and alter theses terms.