

## 5 Week Accountability Group Service Agreement

This Service Agreement is being made between Move Better Health and Fitness located at 10303 NE Fourth Plain Blvd #105 and \_\_\_\_\_ (Your Name) located at \_\_\_\_\_ (Your Address) on \_\_\_\_\_ (Date).

**1. Service:** 5 Weeks of Accountability Coaching

**2. Terms:** Each day you will track 5 categories of healthy habits you want to adapt:

- 1) 5 servings of veggies daily
- 2) 4 servings of carbohydrates and fat
- 3) 3 servings of protein
- 4) 30 minutes of movement
- 5) 64oz of water

**You will type or write out everything daily.** \$1 for each category, each day. \$35 dollars a week is a bet on yourself to do the things you know you should be doing to nourish, fuel, and move your body. A week is Monday to Monday. **You have until Monday at midnight to email me or fill out your Google sheet.** You will be billed for every category you fell short in. (\$1 for every point missed daily).

**3. Payment:** Please leave your card info for payment below. Move Better Health and Fitness will process payment on Tuesday of each week for points missed from the previous week.

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

Card Number: \_\_\_\_\_

Exp: \_\_\_\_\_ CVV: \_\_\_\_\_

***Or I can invoice you \$1 through Square and you can check the box to save card on file.***

Email Address for Invoice: \_\_\_\_\_

**4. Term:** The term of this Agreement is 5 Weeks from the 1/6.

By signing below, I agree to the terms of this Agreement.

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_