Weight Loss Academy:

A 12 week course designed to teach the nutritional and physical actions required to lose bodyfat quickly and safely, with a focus on fostering the environment with the most power to help you lose weight, YOUR MIND!

**Requirements:**

A commitment to each Monday night class is required. Class will be 30min plus discussion time/QandA, and reviewing of homework assignments. If unable to attend, please discuss in advance for opportunity to makeup.

A commitment to 4 total workouts per week, with a minimum of 2 of them being the classes designed for this course.

A commitment to improve your nutrition. You will be required to keep a food log each week, and receive coaching on how to make gradual upgrades as you learn more about what your body needs to be lean and healthy.

A commitment to Homework Assignments, with a mind open to change, be challenged and grow. Same thinking=same results. Assignments are designed to challenge unhealthy thinking patterns that have kept you stuck in the same sabotaging behaviors and unable to permanently lose weight.

**Details:**

-Class held Monday nights, 7pm class (videotaped)

-Homework every week, due on Monday of the following week

-Workouts Monday 6pm, Thursday 6am, Saturday 7:30am

-Other required workouts during course:

-Sparta class

-Interval Class

-Spin Class

-Run

-Personal Training Session

-5 open gym

-Extra Credit: Each week an extra credit

**Tuition:**

$450, accepting only the first 20 students

**Grading Based on:**

Attendance to required classes/workouts

Completion of Homework Assignments and Food Logs

Effort (extra credit, quality time put into homework assignments, efforts to apply new information and coaching cues given)

Grading, (mid-term report will be given at end of week 6):

A=90-100%

B=80-89

C=70-79

D=60-69

**Costs: $2500 (Must have 12 students minimum)**

$900 Trainers (12 weeks of $75)

$600 Ang (teaching 10 classes and reviewing homework)

$100 Advertizing

$450 Program coordinator (process attendance and grades, weekly emails, registrations, closing ceremony, opening ceremony)

$450 Food Log Review (Ang)

**Curriculum**

1. Nutrition (3)

-Best formula for fat loss

-Food prep ideas and plan

-Timing and Going out to eat

1. Exercise (1)

-Best types of workouts and why they are effective

1. Mindset (4)

-Establish Lasting Motivation

-Identity change

-Love or Fear

-Busting Excuses (being a proactive person)

4. Life Essentials

 -Hormones and their key role

 -Sleep, Breathe, Relax, Drink