

Please DOWNLOAD to your desktop & SAVE before starting to fill out the form.

Holly Blazina's *Bite-Sized Lifestyle*

This program requires small, but constant changes in order to implement real change. One of the ways Bite-Sized Lifestyle addresses this is via educational pieces in the "Weekly Bites" newsletter. It's for this reason that I require all clients to be on the mailing list. If you are not subscribed to the list, **please do so using the link below within 2 business days in order to confirm your appointment.**

www.bite-sizedlifestyle.hollyblazina.ca

Client Name: _____

Contact Number: _____

This number is needed in case there are issues with Skype. If you choose not to provide a phone number and Skype fails, you'll be charged in full for the appointment.

Birthdate: _____

Height: _____

Weight: _____

What type of climate do you live in:

3 Lifestyle Topics you would like to work on:

1.

2.

3.

Additional Comments: Limit of 450 characters