



## **LET'S BUILD AN AMAZING FITNESS COMMUNITY: PLUS-ONE**

We want to build an awesome fitness community here, so we're asking for your input. Who are your "Plus-One" friends, family, co-workers, or neighbours who could benefit from personal training?

Your referral (a.k.a. your "Plus-One") will each receive a FREE transformation coaching session where I will help them outline their goals and a path to get there.

So, who comes to mind when you think of your Plus-One?

**YOUR NAME:**

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**PLUS ONE:**

Full Name:

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Contact Number:

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Relationship:

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E-mail:

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**THANKS FOR HELPING SPREAD THE GIFT OF IMPROVED HEALTH AND  
FITNESS!**