



BRANDING



BRAND COLLATERAL

PRE EXERCISE QUESTIONNAIRE

CLIENT PROFILE - TELL ME ABOUT YOURSELF

First name: _____ Surname: _____
 Address: _____ Postcode: _____
 Mobile: _____ Email: _____
 DOB: _____ Occupation: _____
 Emergency contact: _____ Phone: _____

YOUR HEALTH & FITNESS GOALS

What do you hope to achieve from your exercise program and Personal Training / coaching? Please circle any of the following relevant to your current goals.

HEALTHY LIFESTYLE	WEIGHT LOSS	FITNESS / STRENGTH
Adopt a healthy, sustainable lifestyle	Increase muscle definition	Increase strength
Reduce risk of injury / illness	Feel less	Increase fitness
Increase energy	Increase mobility	Increase mobility

What would you say your number one goal is, and why? _____
 When would you like to achieve this by? _____
 What is preventing you from achieving your goals? _____

EXERCISE HISTORY

Are you currently exercising or playing sport? If so, please describe the type and frequency of the activity. _____
 Do you have any injuries / health concerns that will interfere with your training? _____
 If one or two words describe your current fitness and body shape _____
 What kind of exercises / activities would you be interested in including into your regime? Please circle

HI - High intensity interval training Running Stretching / Mobility Circuit
 Weight training / gym/hiit Running Group fitness classes

I certify that I am 18 years or older and have read this document and fully understand it OR as a parent or guardian of the participant (if I agree to the above for myself and on behalf of the participant) and (B) I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the exercise on the terms referred to. I have read and understood the terms and conditions above and agree to abide by them.

Signature: _____ guardian/parent to sign if under 18 years of age
 Full name - please print: _____ Date: _____

CAITY JERRARD
Personal Trainer

0431 981 016
 INFO@DAWNATHLETIC.COM

JAMES SOMERS
Personal Trainer

0431 47 302
 INFO@DAWNATHLETIC.COM

DAWN ATHLETIC

WEEKLY TIMETABLE

Caity 0431 981 016
 James 0431 47 302
 info@connect@gmail.com

MONDAY	TUESDAY	WEDNESDAY
6:00am - CAITY 6:30am - CAITY 6:30am - JAMES	6:00am - CAITY 7:00am - CAITY 10:00am - JAMES	8:00am - CAITY 8:30am - CAITY 8:30am - JAMES
THURSDAY	FRIDAY	SATURDAY
7:00am - CAITY 10:00am - JAMES 8:30am - JAMES	8:00am - JAMES 10:00am - CAITY	7:00am - CAITY & JAMES 8:00am - CAITY & JAMES

To whom it may concern,

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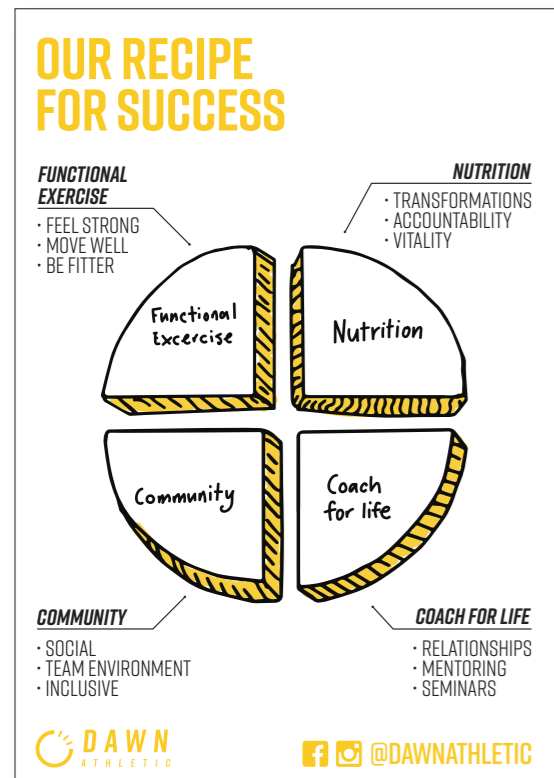


**BOOK
YOUR FREE
DISCOVERY
SESSION**

0431 846 046
INFO@DAWNATHLETIC.COM
2/8 MCDOUGALL ST, MILTON

  @DAWNATHLETIC

CHECK US OUT AT
WWW.DAWNATHLETIC.COM

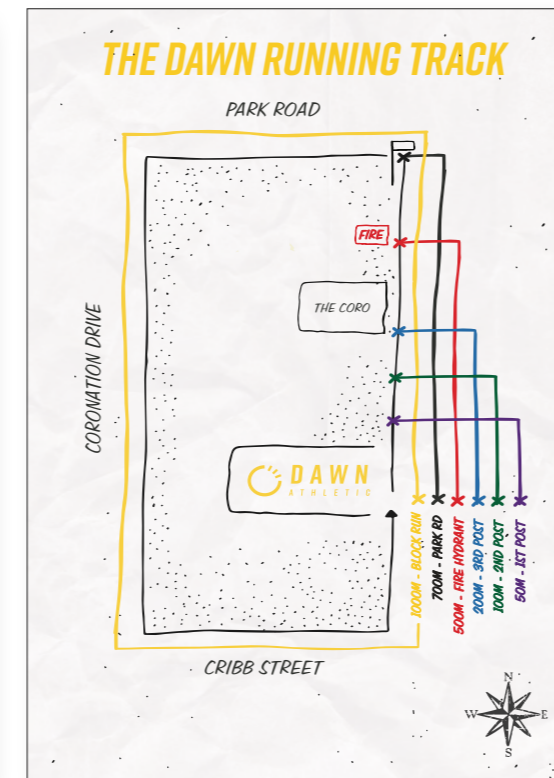


DAWN ATHLETIC

OPENING SOON

REDEFINING HEALTH AND FITNESS
SMALL GROUP AND PERSONAL TRAINING
AMAZING COMMUNITY
WEIGHTLOSS TRANSFORMATIONS

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MARKETING MATERIALS

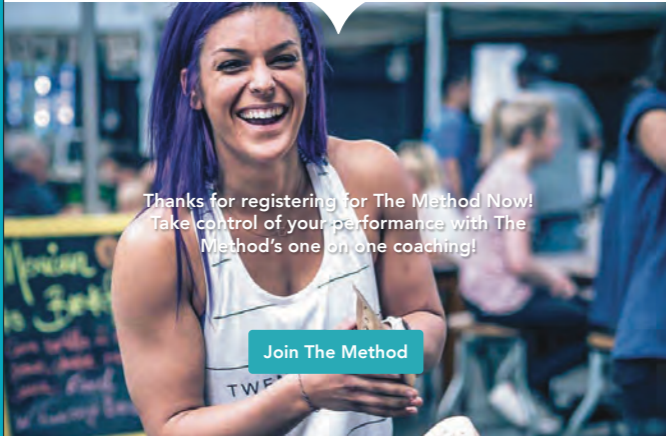




JOIN THE METHOD

Take action, make lasting change

Join The Method



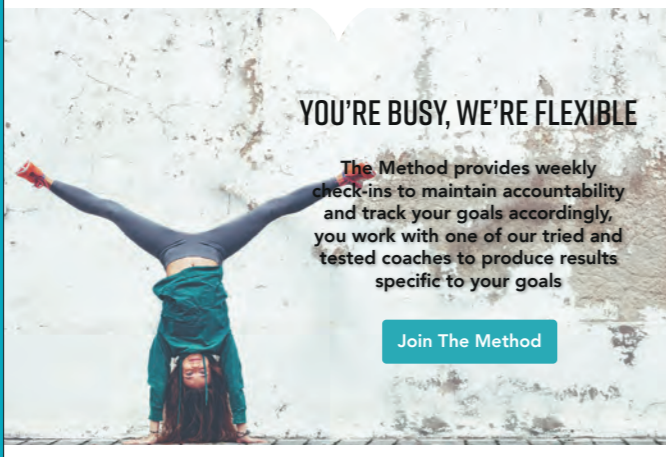
Thanks for registering for The Method Now!
Take control of your performance with The Method's one on one coaching!

Join The Method

YOU'RE BUSY, WE'RE FLEXIBLE

The Method provides weekly check-ins to maintain accountability and track your goals accordingly, you work with one of our tried and tested coaches to produce results specific to your goals

Join The Method



DIAL IN YOUR NUTRITION TO MAKE LASTING CHANGE

"The method is so much more than just weight loss or body composition, it's about the entire lifestyle journey and my coach Rachel has helped me in all aspects from stress to sleep quality to nutrient timing and so much more. She challenges me each week to be the best version of myself but also knows if I stall up and have a bad day or two she reminds me not to beat myself up and to dust myself off and keep going. She has made me realise the bigger picture so now I don't stress so much about that number on the scale. Joining the method team has been one of the best decisions I've ever made!"

-Kirsty, 5 months with The Method

Join The Method



Nutrition



Mindfulness



Mindset



Timing



Support

"SUPPS ARE THE FINAL TOUCHES TO MY DIET"

CORDyceps

High-Performance Tonic. Considered a life-enhancing herb in the Taoist herbal tradition, cordyceps is used to increase blood oxygenation and cultivate 'jing' - the primordial energy living in the kidneys.

SUPERCELLS

Liquid Oxygen energises your cells, Molecular Hydrogen cleans them from free radical damage and Complex Minerals with Fulvic Acid delivers deep nourishment to your cells, with maximum utilisation.

WPC80

Wpc80 is a New Zealand sourced whey protein concentrate powder, which in natural form possesses a protein content of 80% (24g/30g serve). WPC80 is fast digesting and boasts an exceptional amino acid profile, making it an excellent choice for achieving a wide range of goals whether they be post workout recovery, supporting lean muscle growth.

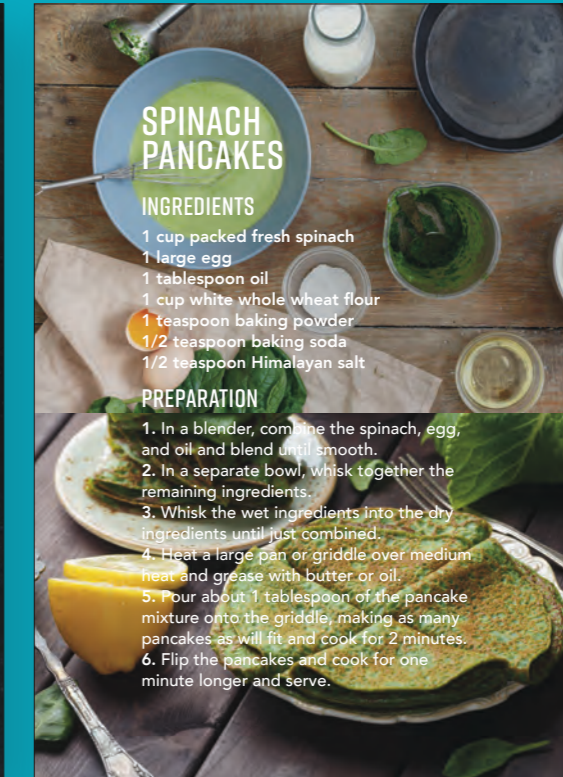
SPINACH PANCAKES

INGREDIENTS

- 1 cup packed fresh spinach
- 1 large egg
- 1 tablespoon oil
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon Himalayan salt

PREPARATION

- In a blender, combine the spinach, egg, and oil and blend until smooth.
- In a separate bowl, whisk together the remaining ingredients.
- Whisk the wet ingredients into the dry ingredients until just combined.
- Heat a large pan or griddle over medium heat and grease with butter or oil.
- Pour about 1/4 cup of the pancake mixture onto the griddle, making as many pancakes as will fit and cook for 2 minutes.
- Flip the pancakes and cook for one minute longer and serve.



A DAY OF EATING

SESSION 1

21-15-9
DB Burpee box step up
DB SZOH @20-25kg
Swim 200-400-600-400-200
With 2min between efforts

SESSION 2

15min of James
McGraw's fear WOD
80 pull ups
70 ghdus
60 T2B 40 call row
30 dead's @100/140

P:40 C: 200-400 F: 80

BREAKFAST

Recs to help inflammation & Digestive Support: Jamu, Cayenne Pepper, Mankai Honey, Cinnamon, Ginger, Turmeric, Apple Cider Vinegar, Smoked Salmon & Eggs on Dark Rye bread with Kale or Scrambled Eggs on Toast

SESSION 1: (90-120 MINUTES)

Training in the morning is typically outdoors. I like to do non-gym exercise in the morning.

Post work out True Protein Shake in between sessions it's important to chill out and recover. I enjoy being social and having a coffee with Shane always a small Skinny Cappuccino with extra chocolate on top!

LUNCH

Mixed with Greens and Rice, Kimbucha and Himalayan Salt to replace electrolytes and minerals as well as a teaspoon of Pepperc Butter
Recovery time (Stretching and put on my Nomatec compression boots)
Peanut butter and banana wrap with honey and blueberries

SESSION 2: 3-7PM

DINNER

Chicken Breast, Sweet Potato and Nougatales cooked in Olive Oil
OR ON TREAT NIGHT
Spinach Pancakes with Chicken Tenderloins on top
Dessert Pancakes with Halo-Top, Maple Syrup and Grated Cadbury Chocolate on top

PRE-BED

Supplements:
Fish Oil, Vitamin C, SuperCells Vitamins and Superfeast Cordyceps Mushrooms



DON'T MISS OUT
WIN THE ULTIMATE
SHOPPING SPREE

MARKETING MATERIALS
& PHOTOGRAPHY



Genie Solutions

Our commitment to your security
Genie Solutions take the security of your data very seriously. We adhere to best practice standards and have partnered with the best in the business with AWS. Your data stays here in Australia and is protected by redundancies and top level security.

You get more than Software
When you go with Australia's most trusted cloud for healthcare specialists

Genie **Geniu**

Genie Solutions has been providing practice management solutions to the Australian medical industry for over 20 years. The Genie Solutions team is made up of over 150 staff members throughout Australia with the head office in Brisbane. Dr Paul Carr, a General Practitioner - Anaesthetist, founded the company in 1995 on two important principles - deliver a quality product and provide customers with a first-class support team.

Treated support for medical specialists
Deep expertise and industry knowledge with you every step of the way.

No.1 PMS software
Supporting over 4500 Australian medical practices.

Proven technology leader
Investing in new products and integrations for your practice.

Practice Management software to suit you

Genie **Geniu**

The complete desktop solution
Genie is an extensive software solution that has been developed and perfected over 20 years. It has thousands of intelligent features that provide a consistent workflow for your practice.

- Optional modules that tailor Genie to your practice
- Support large, complex practices with unique user settings
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Ready for the cloud?
Genie offers a true cloud experience, giving you the ability to access your software, practice, reporting. Co-designed with practitioners, it provides an intuitive suite of features designed to optimise each user's workflow.

- No lock in contracts
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Supporting you every step of the way

We use our experience and knowledge to:

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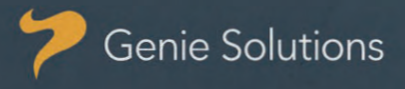
The complete desktop solution

Ready for the cloud?

Out in the field more than we've ever been before

Supporting you every step of the way

We use our experience and knowledge to:



Need a helping hand?

Genie Solutions
support@geniesolutions.com.au
www.geniesolutions.com.au
PO Box 2034, Fortitude Valley Qld 4006
1300 889 362



Look no further

Knowledgebase & community
www.geniesolutions.com.au
Our support team are available
7:30am - 7:00pm daily AEST
support@geniesolutions.com.au
1300 889 362

Other useful contacts
Medicare Provider Helpdesk
1800 700 199
HotDocs
support@hotdoc.com.au
Medical Objects
07 5456 6000

Healthlink
1800 125 036
Argus
1800 952 282
Referral Net
03 9675 0600
MIMS
1800 800 629



**Did you know
we are 100%
Australian?**

- All developers
- All our data centres (your data) - security!
- Our support team
- All our staff (including trainers, sales)

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- All our data centres (your data) - security!
- Our support team
- All our staff (including trainers, sales)

**Made in
Australia**

- experienced support team
- Talented developers
- Knowledgeable trainers who come to you
- Plus: your data stays here



**Did you know
we are 100%
Australian?**

- Experienced support
- Talented developers
- Onsite trainers
- Plus: your data stays here

MARKETING MATERIALS
& PHOTOGRAPHY

TREK
BRISBANE







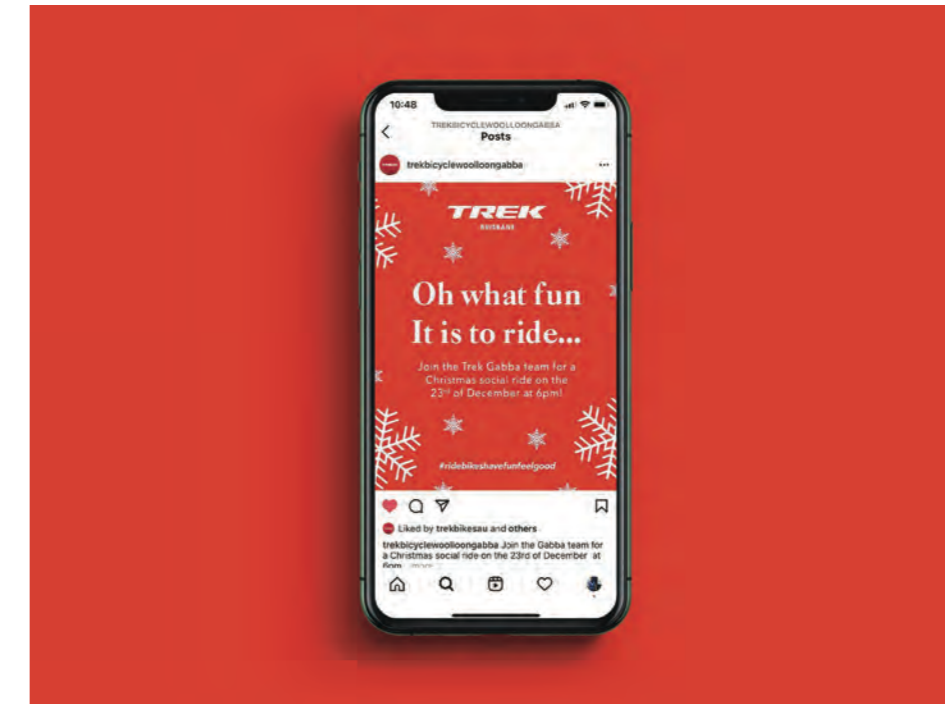
TREK
BRISBANE

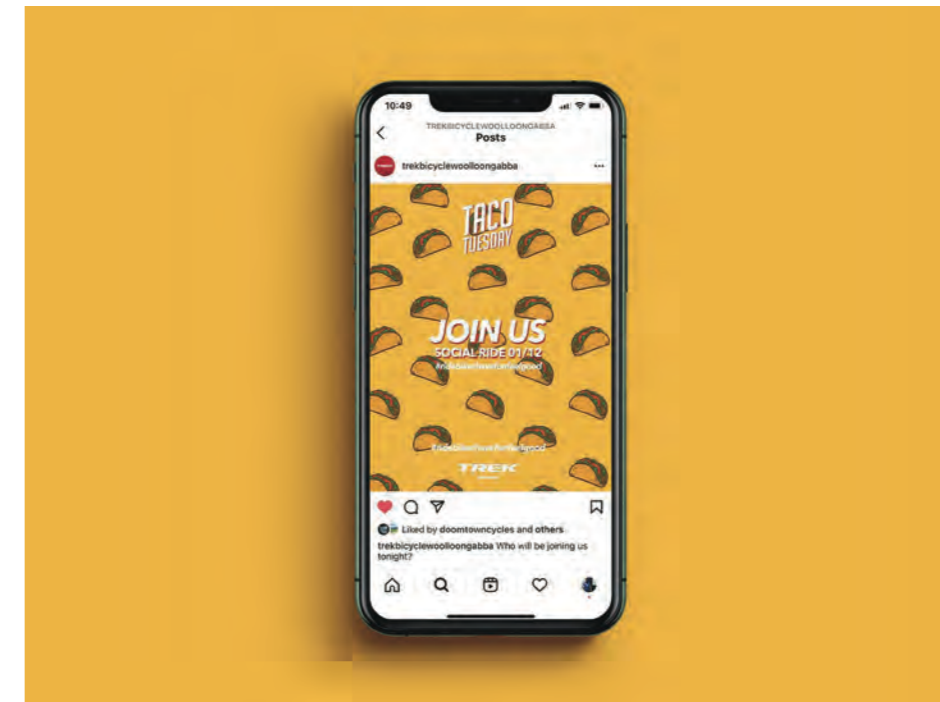
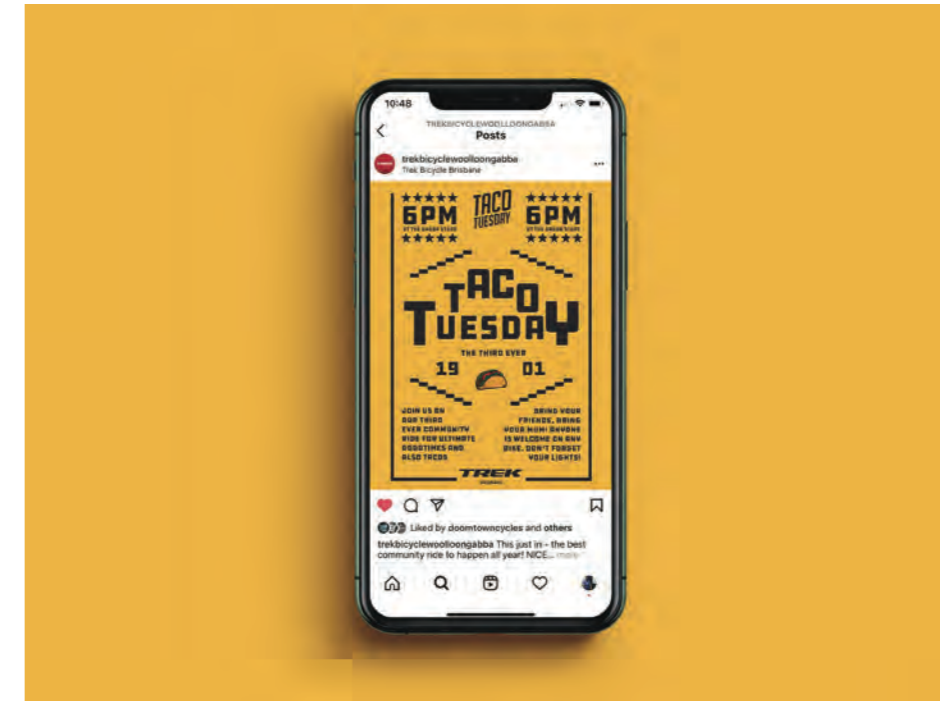
Oh what fun It is to ride...

Join the Trek Gabba team for a
Christmas social ride on the
23rd of December at 6pm!

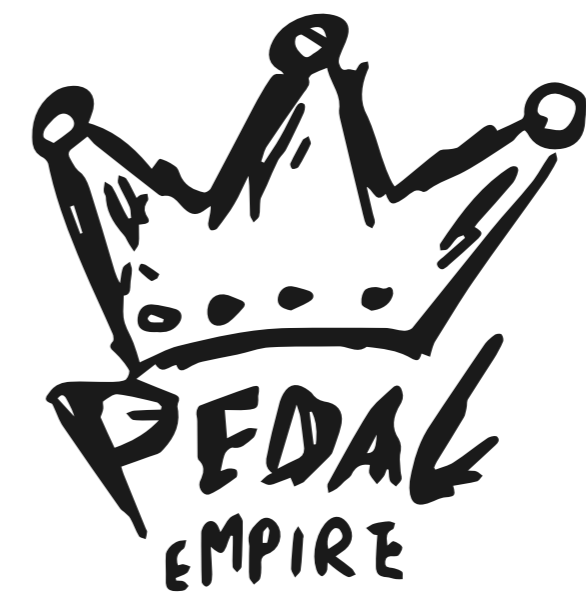
#ridebikeshavefunfeelgood

The poster features a red background with white snowflake patterns. At the top, the Trek Brisbane logo is displayed. The main headline is in a large, white, serif font. Below it, the event details are written in a smaller, white, sans-serif font. At the bottom, the hashtag #ridebikeshavefunfeelgood is centered.





ILLUSTRATION





BRANDING




movement vitality

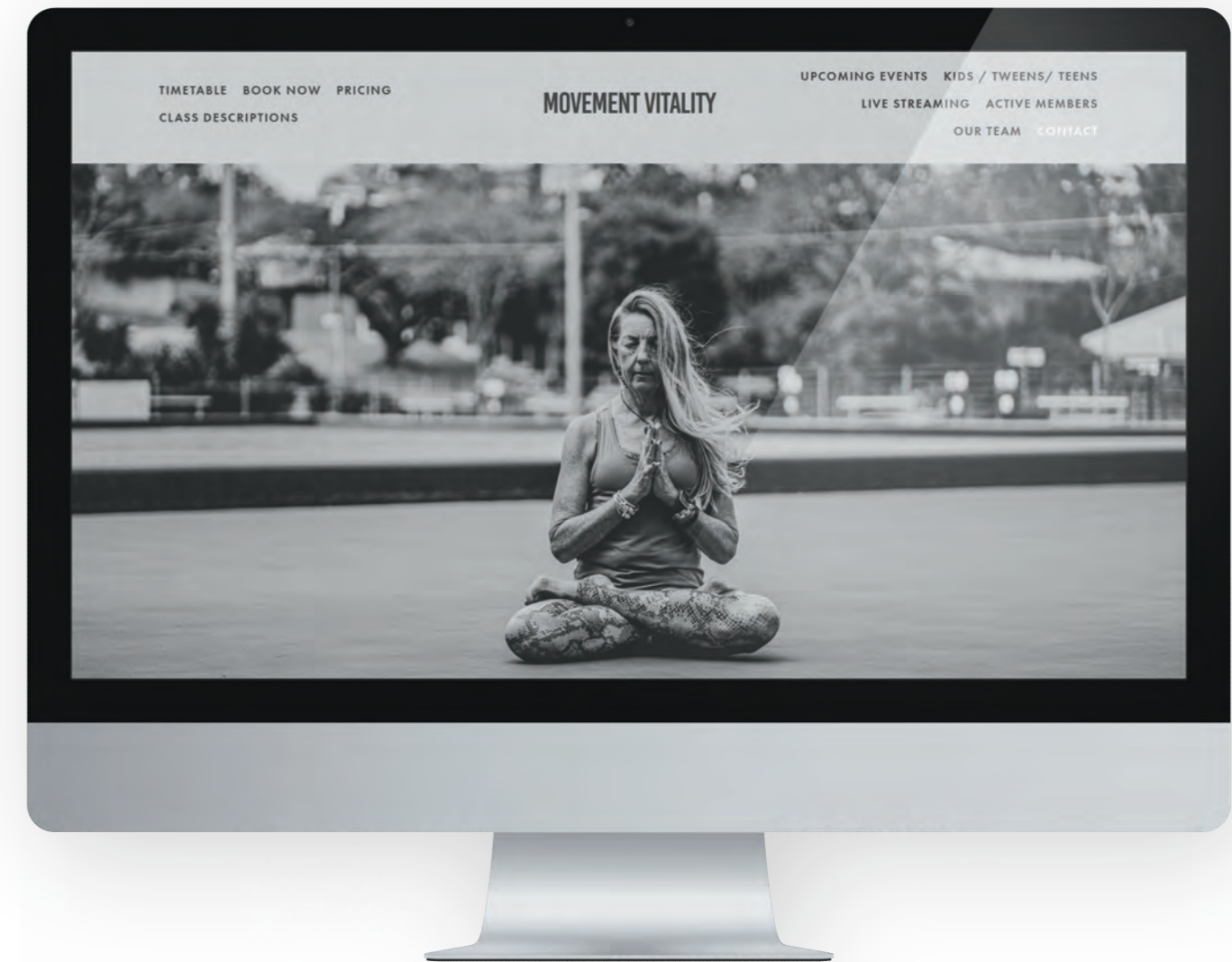
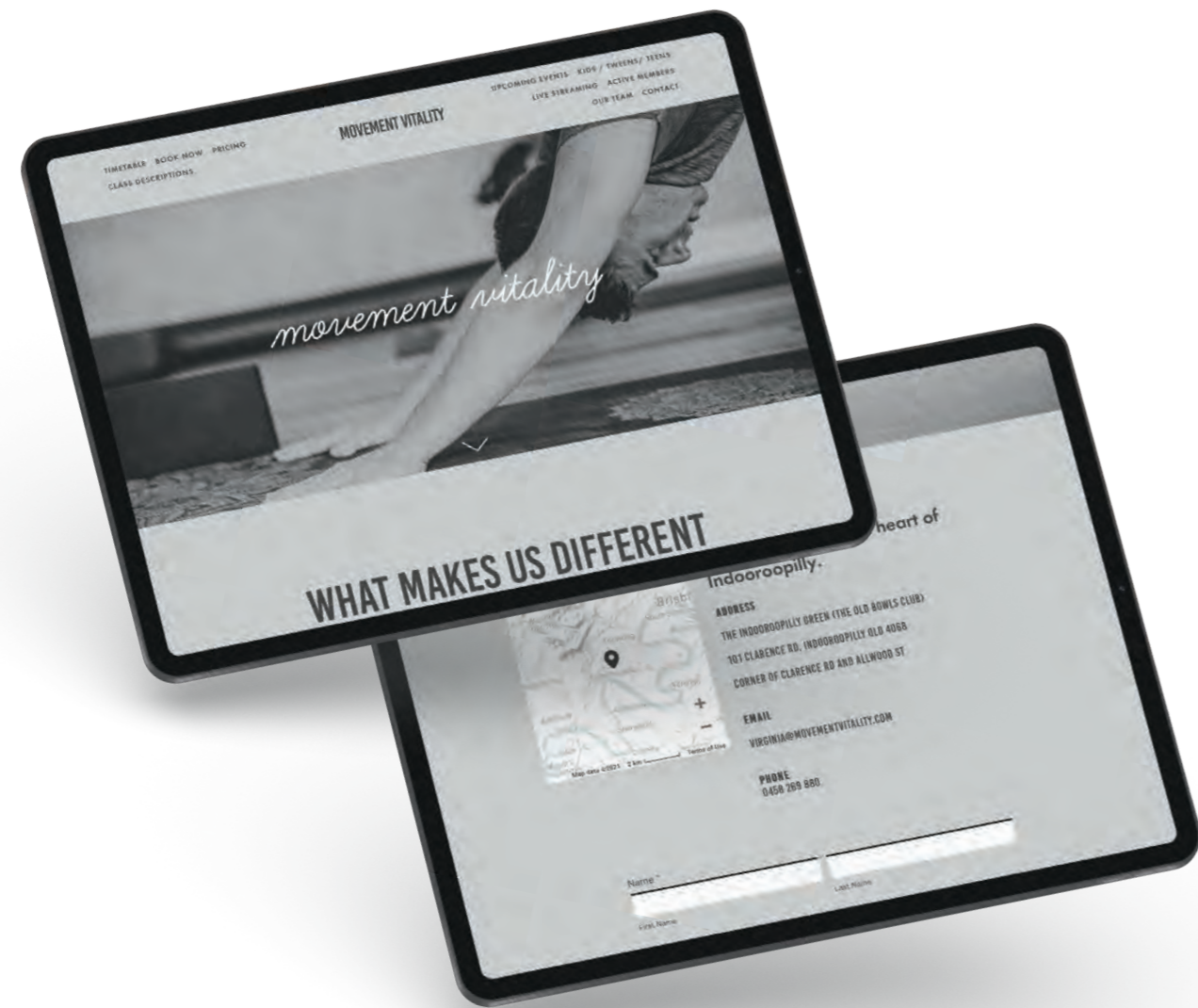


Virginia Corpus-McDermott
Yoga Alliance E-RYT500, YACEP
Roll Model®Method Practitioner
CF-L1, TRS (Mobility|WOD) Coach

Movement Vitality
Yoga & Mobility

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virginia@movementvitality.com
www.movementvitality.com





Sam Saxby



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