

the prep to stage





PACKAGE DETAILS

PREP TO
STAGE

SCHEDULING DETAILS + CONSIDERATIONS

- **Stage competitor?** If you are looking to step on stage in the natural body builder / figure / bikini or sports model categories, this is your package!
- **A prescriptive and meticulous individualised nutrition program** (including supplement prescription) will be developed for you in order to reach the best possible body composition for your event.
- We offer **support** throughout the entire preparation phase and we are dedicated to guiding you toward achieving peak condition.
- **A healthy physical state** is our utmost priority, and we work your nutrition plan to ensure you stay in this place for the entirety of your journey.
- **20 weeks** is the package duration, and we suggest this is the minimum required for a quality prep, especially if this is your first time completing this journey with us.
- **Review sessions** are set fortnightly after your initial appointment at 20WO (i.e. fortnightly appointments from 18WO to 4WO),
- **From 4 WO** we embark on the intense weekly review block, where we manipulate meal plan weekly based on physique measures.
- **Your peak week review (1WO)** is the final session before competing, and from here we design the remaining days (including comp day) to have you stepping on stage with absolute confidence and a stellar smile!.
- **Our point of difference** is having an extended session to thoroughly debrief on the comp process. This is set to occur ~2 weeks after stepping on stage. Regardless of what transpires after comp, we believe this session is imperative for completing the journey; analysing what worked, what can be improved, and planning where your fitness goals are taking you now!
- **In a nutshell**, this package provides 10 x prep week reviews, 1 peak week session and one post-comp debrief session

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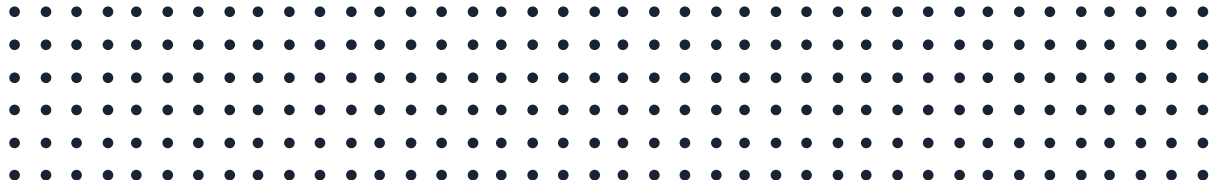
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- **Most terms + conditions for nutrition packages** will start by stating “should you have condition x, y, or x, we cannot cater for you”. Our packages are completely the opposite. We are able to cater to individuals with health conditions, as we are qualified, university-trained Accredited Practising Dietitians, and Accredited Sports Dietitians. We assess you as an individual, and will tailor a program to suit your specific needs. How refreshing!
- **All packages start with an initial assessment** with your practitioner of your choice, and the cost of this session varies by practitioner. You may have had this session prior to purchasing this package, however if you have not, we will be in contact to arrange this initial session for you.
- **Payment for the initial session is due on completion of the session.** If you have private health cover for dietetics, HICAPS claims can be processed on the spot, and all you pay is the gap fee. Due to variation in practitioner fees, please note that the initial appointment fee is NOT covered in this package price. The package covers subsequent sessions only.
- **Online clients** can claim their private health rebates through their private health insurer, with the receipt provided. Please check with your health insurer to see if your cover is valid for online servicing.
- **Purchase of this package** will cause the weekly payments to commence immediately, whether you have had your initial session or not. This may mean that your payments are finished before your sessions with your dietitian do, depending on scheduling. The exception to this is for discounted upfront payments, where the full cost is incurred at time of purchase.
- **EPC/TCA plans are suitable for use in the packages.** We will add the appropriate codes to your receipts so you can make the claim with Medicare. It is your responsibility to make the claim from Medicare. Regrettably, we do not accept DVA referrals.

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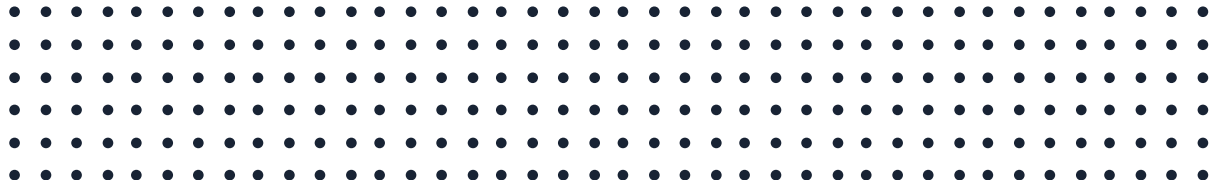
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SCHEDULING DETAILS + CONSIDERATIONS (CONTINUED)

- **Health fund rebates** for these sessions will be available to you AFTER the review session has been completed. The receipt provided to you upon package payment, along with your receipt from the clinic detailing the dates of your session, and your practitioner’s provider details will be required for you to make this claim (online or in person with your health fund).
- **Sessions beyond the scope of the package** will be charged a separate fee, and you are still entitled to complete your allocated number of package sessions. We regret that no changes can be made to the package structure.
- **Seeing the same practitioner** is standard practice at Apple to Zucchini. In the case of illness at our end, you may wish to reschedule your appointment with another practitioner, and we will happily arrange that for you. If you would prefer to wait for your usual practitioner to return, we will simply add that missed session to the end of your package.
- **Online clients** Given the necessity and high-frequency of anthropometric and body measures required for mean plan manipulation to take place, it is important that your measures are taken by the same person, each time. We will liaise with your trainer to ensure appropriate measures are taken. Please note that without this data, it is virtually impossible to manipulate your nutrition plan effectively.



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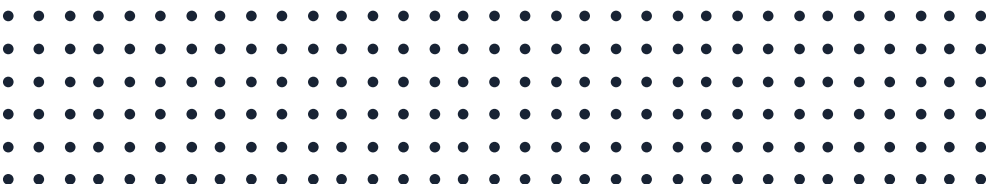


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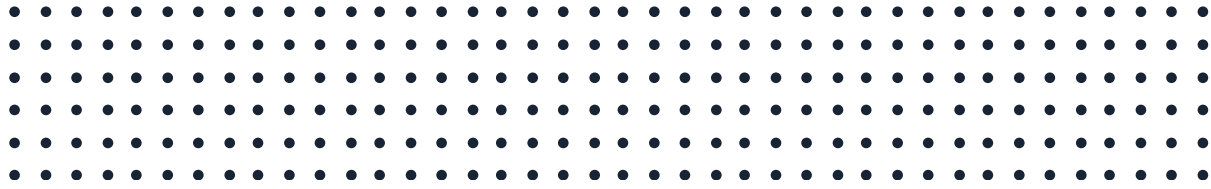
- **Rescheduling appointments:** please be aware that your appointment can always be made a Skype or phone appointment if making it to the clinic in-person is not viable. Should this not suit, we will happily reschedule your appointment when you provide more than 24hours notice.
- **Rescheduled appointments** must occur within 1 week of the original appointment. Due to practitioner popularity, it is entirely possible that no appointments will be available for rescheduling within one week. In this instance, our lovely reception staff will add your missed session to the end of your package; however this option is only available for one session on one occasion.
- **24-hour cancellation policy:** regrettably, we are unable to reschedule appointments that are cancelled within 24 hours. For those who are pressed for time or find themselves unable to visit the clinic for their appointment, we will happily do a Skype/phone/email appointment instead. All efforts will be made to fit this into your day if the original time is no longer viable for you.
- **Package cancellations:** should for any reason you wish to cancel your package (injury, change of circumstance etc), please notify us immediately in writing, and payment will only be taken to cover to those sessions which have been completed. We don't want to cause any undue financial pressure, so please let us know as soon as possible. Due to appointment scheduling, it is possible that a payment may have been processed ahead of a session completed; in this instance, and within the realm of the cancellation policy above, we will fully refund any cost incurred to you. For those who paid upfront, the unused portion of your package will be calculated and refunded.



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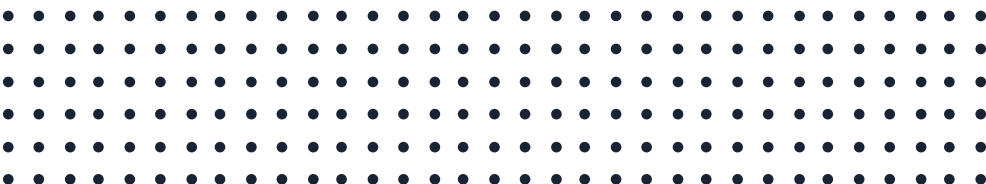


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