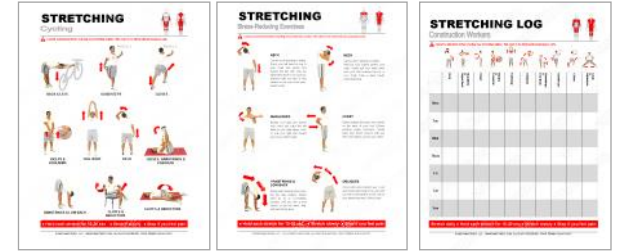


CUSTOM CHART FORM



TELL US ABOUT YOUR BUSINESS

Name:	_____	Address:	_____
Company:	_____	Email:	_____
Title (CEO, Mgr, etc.):	_____	Phone:	_____
Industry:	_____	Fax:	_____
Number of Employees:	_____	Website:	_____

HOW TO ORDER YOUR CUSTOM CHART

- 1 View Available Options
- 2 Select Images
- 3 Select Options
- 4 Add Your Total
- 5 Save and Email Back

1 VIEW AVAILABLE OPTIONS

Starter Chart with 3 images:

Each chart starts with 3 images of your choice. Images on pages 6 & 7



\$99

Add your logo:

Send a powerful message with your logo on all of your printed materials.



\$39

Each additional image:

Add up to 13 images on 3 to 4 rows. Some design restrictions may apply to insure clarity and ease of use.



\$10

Remove footer:

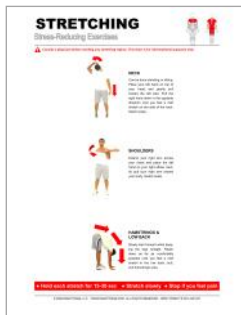
Add your company information in the footer.



\$29

Instruction sheet:

Combine your images with clear and precise instructions to help users get the most out of their program.



\$69

Standard Definition copy for emails:

Smaller file to make it easier to share among staff.



FREE

Training Logs:

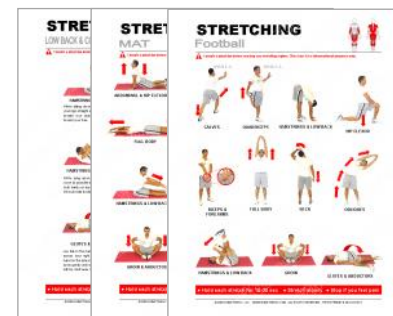
Proven to help users stay on track.



\$69

Email Template Pack:

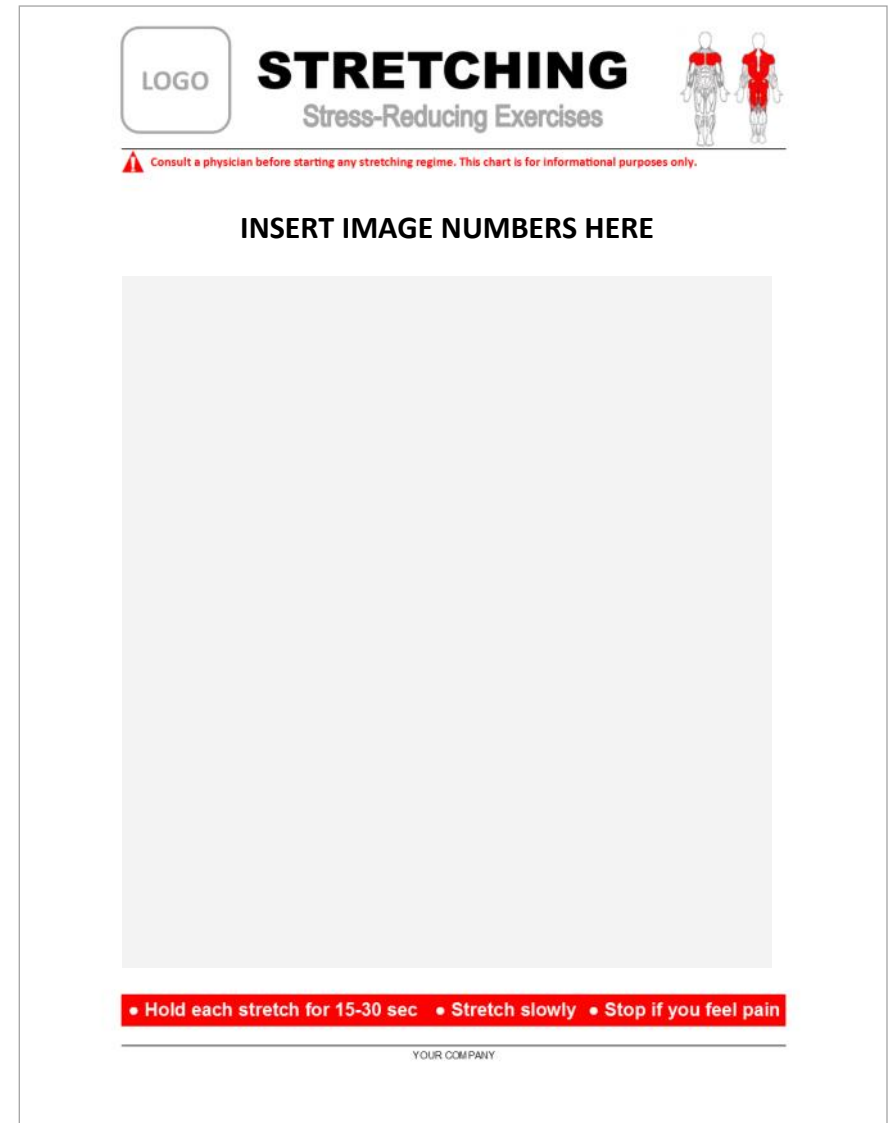
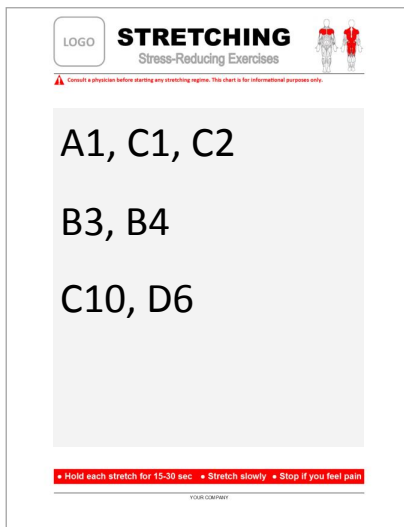
Everything you need to start a healthy marketing campaign!



Coming Soon!

2 SELECT IMAGES

- Choose up to **13 images** from the “UPPER BODY” and “LOWER BODY” pages (on page 6 and 7).
- Images will be arranged on **3 to 4 rows** (pending image sizes).
- Use the space provided to organize image’s order on each line. See below example:



3 SELECT OPTIONS

ADD YOUR LOGO (\$39)

- Please include an image file (JPEG or PNG) of your logo with your application.

ADD CUSTOM TITLE AND SUBTITLE

- One LARGE Title and one SMALL Subtitle.

ADD CUSTOM WARNING LINE

- Standard warning reads: "Consult a physician before starting any stretching regime. This chart is for informational purposes only."
- Enter your custom warning message below. Maximum 120 characters with spaces.

ADD CUSTOM INSTRUCTIONS

- Standard instructions reads: "Hold each stretch for 15-30 sec. Stretch slowly. Stop if you feel pain."
- Enter your custom instructions below. Maximum 120 characters with spaces.

LOGO **STRETCHING**
Stress-Reducing Exercises

Consult a physician before starting any stretching regime. This chart is for informational purposes only.

Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

YOUR COMPANY

REMOVE FOOTER / ADD CUSTOM COMPANY INFORMATION (\$29)

- For example: Address, phone number, website.

UPPER BODY

A

B

C

D

E

F

G

H

1 NECK



2 SHOULDERS
(Front/Middle/Back)



3 CHEST



4 ARMS
(Biceps/Forearms)



5 ARMS
(Triceps)



6 BACK
(Upper)



7 BACK
(Lower)



LOWER BODY

A

B

C

D

E

F

G

H

8

CORE
(Abdominal)



9

CORE
(Obliques)



10

Hips
(Front/Hip Flexors)



11

Hips
(Outside/Abductors)



12

Hips
(Glutes)



13

Groin
(Adductors)



14

Quadriceps



15

Hamstrings



16

Calves

