FOCUSED
Health & Body Transformations

Welcome to The Focused Life Community

We're so glad you're here.

YOU'VE TAKEN THE FIRST STEP
We know life is busy. Between work, the kids, and everything else on your plate, your health has probably taken a back seat for a while — and that's okay. That's exactly why The Focused Life Community exists.

This program is designed to be simple, supportive, and sustainable. No overwhelm. No pressure. Just consistent, practical steps to help you build healthier habits that actually fit your life.

WHAT TO EXPECT

- A group program updated every 8 weeks with simple, actionable content — all delivered through the app
- A recipe database full of easy, family-friendly meals
- Education modules covering the basics of nutrition, fat loss, and healthy habits
- Fortnightly group coaching calls with live Q&A — broadcast on the Focused Health & Body Transformations Facebook page
- A free onboarding call to set your goals and get you started on the right foot

HOW TO GET STARTED

1. Complete and sign your membership agreement (overleaf).
2. Set up your weekly payment via the Stripe link below.
3. Book your free onboarding call using the link — takes 2 minutes:
   https://calendar.app.google/B9ejNKsmh5RtQ3AS6
4. We will invite you to join our app — everything you need will be right there waiting for you.

YOUR PAYMENT LINK
To complete your enrolment, set up your recurring weekly payment of $22.50 via the secure Stripe link below:

https://www.trainerize.me/profile/focusedhealthandbodytransformations/?planGUID=801c09c678434e97a1c38016bcff308c&mode=checkout

A NOTE FROM US

This community is your starting point — but it doesn't have to be your only step. Whenever you're ready to go deeper with personalised coaching, nutrition support, or in-person training, we're here. Upgrading is simple and your minimum term is automatically waived when you do.

In the meantime, show up, engage with the community, and trust the process. Small steps done consistently will always beat big efforts that don't last.

Craig & Laura

Focused Health & Body Transformations

STAY CONNECTED

Follow us on social media for tips, motivation, and community updates — and catch our fortnightly live Q&A sessions on Facebook:

Facebook: https://www.facebook.com/share/1Heo3at5qS/?mibextid=wwXIfr

Instagram: https://www.instagram.com/focusedhbt?igsh=MTBneDJ6Z3piNm1icQ%3D%3D&utm_source=qr

THE FOCUSED LIFE COMMUNITY — MEMBERSHIP AGREEMENT

PROGRAM OVERVIEW

Welcome to The Focused Life Community — our supportive, low-barrier entry program designed for busy parents who are ready to start building healthier habits without the overwhelm. This Agreement outlines your membership terms with Focused Health & Body Transformations.

MEMBERSHIP TERM

This is a 4-month (16-week) minimum term membership.

After the minimum term, your membership will continue on a weekly rolling basis and can be cancelled at any time with 7 days' written notice.

If at any point during your membership you upgrade to any paid coaching program — including online coaching — the 4-month minimum term is automatically waived. A new Agreement for your chosen program will apply from the date of upgrade.

MEMBERSHIP FEE & PAYMENT

Weekly Fee: $22.50 per week

Payments are processed weekly via STRIPE as a recurring subscription.

The weekly fee will be charged automatically for the full 4-month minimum term regardless of attendance, illness, travel, or personal circumstances.

WHAT'S INCLUDED

- Group program, updated every 8 weeks (delivered in App)
- Recipe database
- Basic education modules
- Group coaching calls, fortnightly live Q&A (via Focused Health & Body Transformations Facebook page)
- FREE onboarding call with goal setting

Please note this program does not include a tailored training program, nutrition coaching, personal accountability check-ins, 1-on-1 calls, or an assigned coach.

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OPTIONAL CASUAL ADD-ONS

- Semi-private PT session: +$55 per session
- Private 1-on-1 PT session: +$110 per session
- One-off nutrition consult: +$180
- One-off program: +$180

UPGRADING TO A HIGHER TIER

Members may upgrade to The Essentials Online Training ($59/wk), Results Online Training & Nutrition ($89/wk), or any in-person coaching program at any time. Upon upgrade, this Agreement ends, the minimum term is waived, and a new Agreement will apply.

CANCELLATION AFTER MINIMUM TERM

After the 4-month minimum term, you may cancel at any time with 7 days' written notice to Focused Health & Body Transformations. No refunds will be issued for the current billing week.

RESULTS DISCLAIMER

Results vary between individuals and depend on effort, consistency, and adherence to program guidance. We cannot guarantee specific outcomes.

ASSUMPTION OF RISK

You acknowledge that participation in physical exercise and nutrition guidance involves inherent risks. You voluntarily assume all risks associated with these activities and release Focused Health & Body Transformations, its trainers, nutritionists, and representatives from any related claims.

AUSTRALIAN CONSUMER LAW

Nothing in this Agreement limits or excludes any rights or remedies available to you under the Australian Consumer Law.

AGREEMENT ACKNOWLEDGEMENT

I have read and understood this Agreement and agree to be bound by its terms for the 4-month minimum term.

Client Name (Print): _____

Client Signature: _____

Date: _____