

Find Out Your Metabolic Age
Find Out Your Bone and Muscle Mass
Improve Energy And Vitality
Better Health
And Yes Weight Loss if needed

IN.FORM™ is truly a different kind of weight-loss program. It's a unique, duplicatable program that brings to life all of the elements of complete body Transformational Habit of Health, beginning with weight loss...all the way to lifelong health.

- **IN.FORM BioTracker.** Measure weight, body fat%, hydration levels, lean muscle mass, bone mass, metabolic age and more! Clients get to know their body's unique needs!
- **HEALTH EDUCATION.** Obtain the knowledge and skills really needed to achieve lifelong health and wellness.
- **A focus on emotional factors** and how to balance real life drama with their health goals.
- **ACCOUNTABILITY.** Conduct weekly weigh-ins and measurements to track success and assess needs.
- **IN.FORM HEALTH ASSESSMENTS.** Develop product programs customized to your participants' needs to help accelerate their success.
- **AND MUCH MORE**