

## NEW CLIENT CHECKLIST

Please attend to this list PRIOR to your session for best outcomes during your initial treatment with BODYWORKMOVEMENT.

1. Payment CHECK or CASH due prior to your session. Please make checks payable to "lara logan". Credit cards are not accepted. Please your payment prepared in beginning of session if you have not submitted in advance
2. Bring LOOSE SHORTS & TSHIRT. NO capris, jeans, tight running lycra apparel, no under wire sports bras, sneakers if you are currently exercising.
3. Arrive with enough time to change and use restroom. Key in suite.
4. Review Fact Sheet on Bodywork from email or from [bodyworkmovement.com](http://bodyworkmovement.com)
5. FILL OUT BOTH INTAKE AND BILL OF RIGHTS signed and dated for your session.
6. Please DO NOT offer your diagnosis or history to Lara as outlined on fact sheet to remove bias from your assessment.
7. Review 48 HR cancel policy. BY TEXT OR EMAIL. You will receive a confirmation for all BOOKINGS AS WELL AS CANCELS. If you do not receive a confirmation you are responsible for resending communication until you do. Payment is expected for un-recieved cancels ad reschedules. Lara ALWAYS confirms changes, cancels, and bookings.
8. Please plan to have 5 minutes or so after your session so you are not jumping back into a car but have a moment for a short walk if need be.

Thank you for your attention to these details and for complying with business practices of BODYWORKMOVEMENT LLC

Lara Logan  
LMT BFA PTA NCBTMB