



RESULTS ONLY

Fitness and Catalyst Coaching

Membership Change Request

I hereby request that the following changes be made to my Results Only Membership. All freeze requests (allowed only on 12 month contracts) must be made at least 3 weeks in advance of next scheduled autopay. All membership changes or cancellations must be made 30 days in advance of next scheduled autopay and are only allowed for the reasons outlined in the original contract.

Name: _____ Date: _____

Membership Type: _____

Change Requested (Circle One): Freeze Request Change Membership Cancel Membership

Effective Date Requested: _____

Details of Request: (Please provide specific information ie duration of freeze, type of membership change or reason for cancellation)

Signature: _____ Date: _____

Email Address: _____

Results Only, LLC

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