



IDEAL WELLNESS

FOR YOUR HEALTH AND SAFETY WE'VE MADE A FEW CHANGES IN OUR BUSINESS HOURS AND PROCEDURES

(effective 10-20-20)

517.331.6827 call or text | support@idealwellnessmi.com

HOURS:

Monday	Virtual Coaching Only,
Tuesday	1:30pm-6:30pm
Wednesday	Virtual Coaching Only
Thursday	8:00am-6:30pm
Friday	8:00am-1:00pm

ORDERS:

- To avoid miscommunication all orders must be done on the writeable preorder sheet attached.
- We need a three-hour minimum to complete new orders. Once the order is received and completed, we will text: order is complete & ready for curbside pick-up or your order can be picked up at your appointment.
- If you have a morning appointment, please have your orders in before close of business the day prior.

RETURNS OR EXCHANGES:

We can no longer exchange or return any purchases due to Covid-19.

USE OF FIT3D:

Anyone wanting to use the Fit3D outside of an appointment needs to call ahead (office phone only) to make sure the Fit3D is available. Once you arrive at the office, text the office phone: **F** or **Fit3D** and we will text you an "ok" to come in.

Moxifitter _____

Coach _____

Date _____



Product Ordering Log

	Product Name	Quantity	Individual/Box
ESSENTIALS	Bars Creamy Crispy Peanut		
	Bars Marshmallow Crispy		
	Cereal Chocolatey O's		
	Cereal Cinnamon O's		
	Cereal Peanut Butter O's		
	Drink Mix Cappuccino		
	Drink Mix Chocolate		
	Drink Mix Grapefruit		
	Drink Mix Hot Chocolate with Marshmallows		
	Drink Mix Lemonade		
	Drink Mix Raspberry Lemonade		
	Drink Mix Strawberry		
	Drink Mix Strawberry Kiwi		
	Drink Mix Vanilla		
	Entree Creamy Cheddar Cheese Sauce		
allowed 2-3 times a day	Entree Sweet Tomato Protein Sauce		
	Entree Vegan Chick'n Curry		
	Entree Vegan Lentil Curry		
	Entree Veggie and Bean Chili		
	Hotcakes Blueberry		
	Hotcakes Chocolate Chip		
	Hotcakes Plain		
	Instant Shake Chocolate Peanut Butter		
	Mug Muffin Chocolate		
	Mug Muffin Cinnamon		

	Product Name	Quantity	Individual/Box
ESSENTIALS allowed 2-3 times a day	Mug Muffin Lemon Poppyseed		
	Mug Muffin Vanilla Chip		
	Oatmeal Peaches n Cream		
	Oatmeal Rich Maple		
	Oatmeal Sweet Apple		
	Pudding Shake Banana		
	Pudding Shake Chocolate		
	Pudding Shake Vanilla		
	RTD Chocolate		
	RTD Vanilla		
	Soup Chicken Broth		
	Soup Creamy Broccoli		
	Soup Mushroom		
Soup Tomato Herb			
SELECT allowed once a day	Bars Caramel Nut		
	Bars Chocolate Peanut Dream		
	Bars Toffee Pretzel		
	Crunchers Cinnamon		
	Crunchers Honey Dijon		
	Entree Creamy Alfredo Pasta		
	Entree Creamy Chick'n Pasta		
	Tato Crisps BBQ		
	Tato Crisps Pizza		
	Tato Crisps Ranch		
	Poppers Chocolate		

	Product Name	Quantity	Individual/Box
SUPPLEMENTS	BCAA Geen Apple		
	BCAA Fruit Punch		
	BCAA Lemonade		
	BCAA Orange		
	Electrolytes Grape		
	Electrolytes Lemonade		
	Electrolytes Raspberry		
	Electrolytes Watermelon		
	Prime Multivitamin		
ADDITIONS	Dressing Balsamic Vinaigrette		
	Dressing Italian		
	Dressing Sweet Onion		