

Apr 18, 2017

John Sample  
1234 Sunset Drive  
Apt #4  
Palo Alto, CA 95034

Dear John:

Thank you for taking the time from your busy schedule to participate in our Health Improvement Program. The first step in the program is the MicroFit Fitness Assessment. This comprehensive assessment defines your baseline health and fitness level and gives us information we need to design your program. Your MicroFit appointment is scheduled for 8:30 AM at the Pacific Coast Wellness Center. To ensure accurate results, please review and follow the enclosed pre-test instructions.

Also, prior to your MicroFit Assessment you will need a blood cholesterol test for HDL, LDL and Total Cholesterol. Please schedule an appointment with the John Whitney Medical Clinic at least one week before your assessment. The phone number at the clinic is 650-435-3675. You should have nothing to eat or drink 4 hours before the blood test. They will call you the next day with your results. Write down your cholesterol numbers and bring them with you to the MicroFit Assessment.

All of us here at Pacific Coast Wellness Center are excited about your commitment to improved health. If you have any questions about our program do not hesitate to call me at 650-969-7296.

Sincerely:

Andrea Gomez  
Health Counselor

Apr 18, 2017

Mary Sample  
1234 Sunset Dr.  
Apt #4  
Palo Alto, CA 95034

Dear Mary:

Thank you for taking the time from your busy schedule to participate in our Health Improvement Program. The first step in the program is the MicroFit Fitness Assessment. This comprehensive assessment defines your baseline health and fitness level and gives us information we need to design your program. Your MicroFit appointment is scheduled for 8:30 AM at the Pacific Coast Wellness Center. To ensure accurate results, please review and follow the enclosed pre-test instructions.

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Sincerely:

Andrea Gomez  
Health Counselor