



Marie Murphy Health & Fitness  
Consultant Exercise & Nutrition Specialist  
Former Irish Olympian (Marathon)  
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## Murphy (METs) Programme

### Registration Form

First Name

Last Name

Address

Phone

Email

<input type="text"/>	<input type="text"/>
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1.6 km Time

Minutes:	Seconds:
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**REGISTRATION FEE: €75**

A fitness evaluation is needed prior to receiving a personalized training programme. Record the time it takes for you to walk 1.6km (1 mile) and submit time (example 17:45) with registration form and payment to:

Marie Murphy  
81 The Coombe  
Liberties  
Dublin 8

To contact Marie Murphy or if you have any questions, please call Mobile: 085 196 5468 or email [marie@mariemurphyhealthfitness.com](mailto:marie@mariemurphyhealthfitness.com)

Note\* Payment and fitness evaluation must be submitted 2 weeks before training schedule is issued. Payment is non-refundable.