

You Can Do It! LLC

Exercise does not take time out of your life; it puts life back into your time!

Building Bones Step By Step: DVD Order Form

Building Bones Step by Step is a simple, effective, and easy exercise program. Do one set of the 15-minute exercise routine – then build up to two sets, three times a week. You'll have stronger bones, greater strength, and better balance!

Print and fill out this form to help you place your DVD order as follows:

1. Phone us and tell us what you want and how many: **541-482-1887**
-OR-
Email us and tell us what you want and how many: **carollee@youcandoitnow.net**
2. Mail your completed form and personal or cashier's check to this address:
Carol Lee Rogers, You Can Do It! LLC
327 Glenn St, Ashland, OR 97520

Your Name:	
Your Address:	
Your City, State and Zip Code:	
Your Phone Number:	
How did you hear about us?	

Product Name and Description	Qty	Unit Cost	Total (US dollars)
DVD: <i>Building Bones Step by Step – Preventing Osteoporosis</i>		\$19.95	
Shipping and Handling: up to 4 DVDs = \$5.00 (for 5 or more DVDs call for shipping and handling)			
Tax:			\$0.00
Total:			

Thanks for your order – we appreciate your business.