

# You Can Do It! LLC

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

## Product Order Form

Use this form to determine the cost of the products you want to buy. **Note:** Only items with shipping costs can be shipped. All other items must be picked up—you are NOT charged shipping for any item you pick up.

**Print and fill out this form to help you place your 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)	Ship?
DVD: <i>Building Bones Step by Step - Preventing Osteoporosis</i>		\$19.95 + \$5.00 shipping		<input type="checkbox"/> Yes <input type="checkbox"/> No
Nordic Walking: LEKI Instructor Poles ( <input type="checkbox"/> Sahara <input type="checkbox"/> Black )		\$149.00		<input checked="" type="checkbox"/> No
Nordic Walking: LEKI Traveler Poles (black only)		\$139.00		<input checked="" type="checkbox"/> No
Nordic Walking: LEKI Supreme/Prestige Poles (black only)		\$99.00		<input checked="" type="checkbox"/> No
Nordic Walking: LEKI Rubber Fitness Pole Tips		\$12.00 + \$5.00 shipping		<input type="checkbox"/> Yes <input type="checkbox"/> No
Nordic Walking: LEKI Walking "Lite" Pole Tips		\$12.00 + \$5.00 shipping		<input type="checkbox"/> Yes <input type="checkbox"/> No
Nordic Walking: LEKI Walking Traction Pole Tips		\$15.00 + \$5.00 shipping		<input type="checkbox"/> Yes <input type="checkbox"/> No
Stretching: Foam Rollers		\$10.00		<input checked="" type="checkbox"/> No
Subtotal:				
<b>Total:</b>				

**Thanks for your order – we appreciate your business.**