

7 in 7

7 projects from start to finish in 7 days

Presentation by Marisa Glick



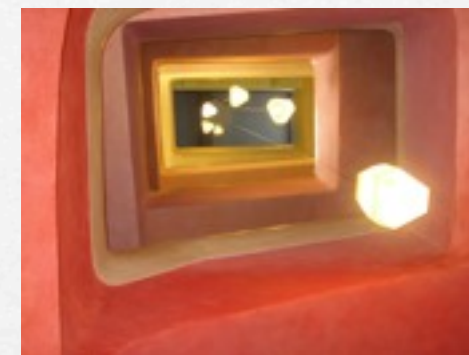


Image selection process  
for wall art in  
apartment, specifically  
the bathroom  
(All photos taken  
by Marisa)



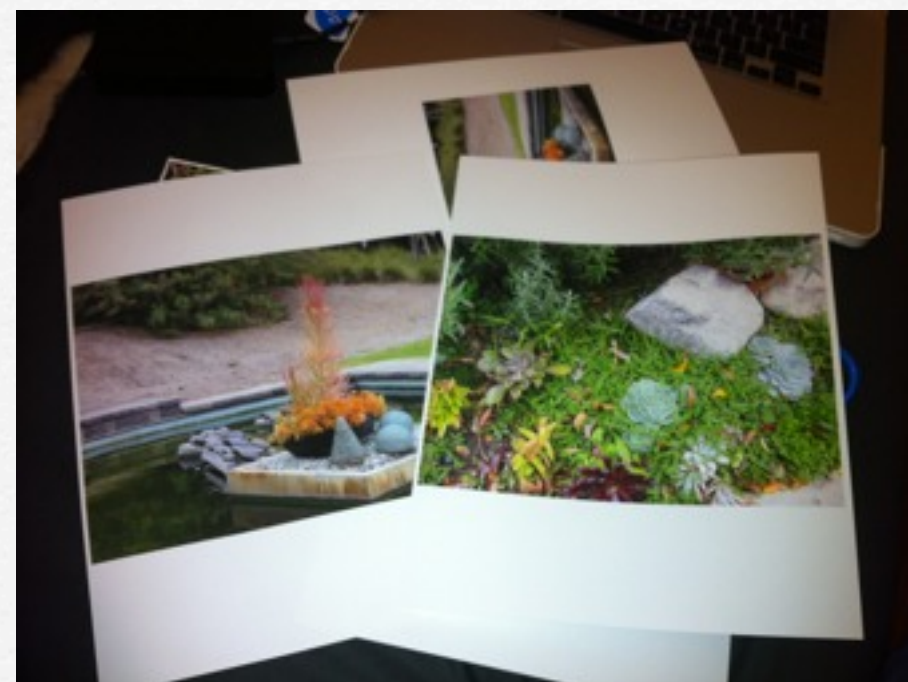
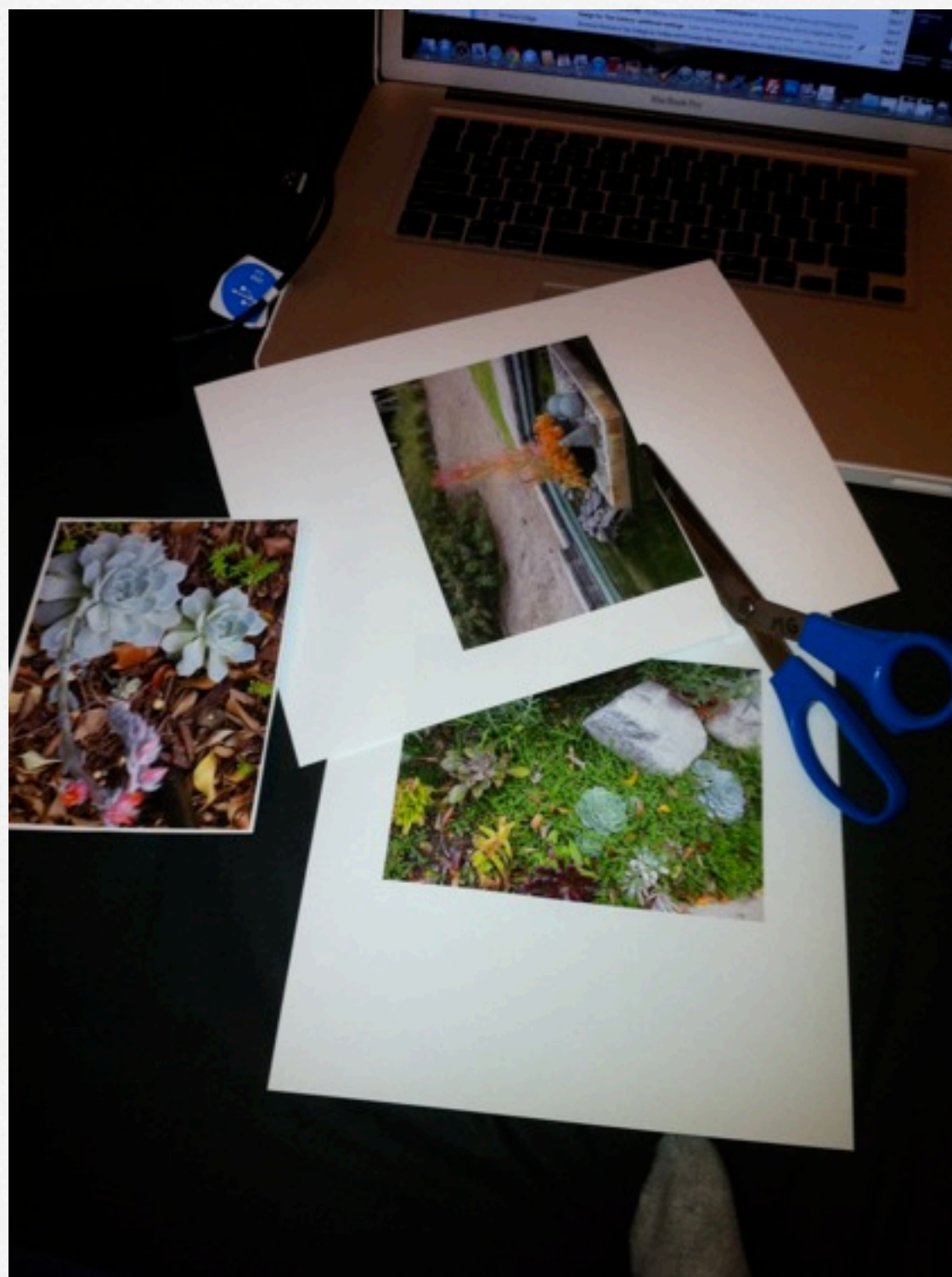
1x7



Final image selection  
for Bathroom frame







1x7



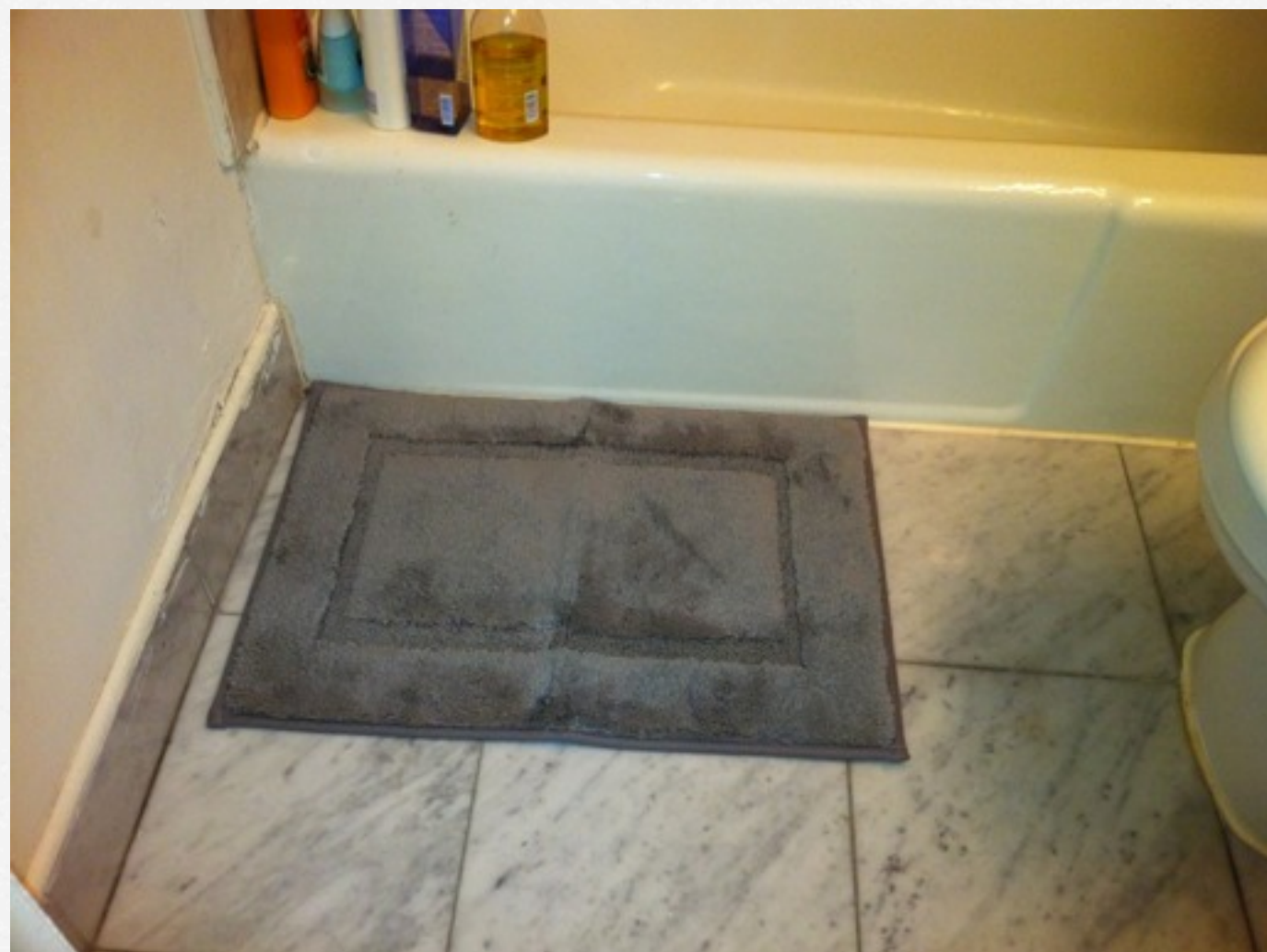


1x7





Before



After

Replacement of hand towels and shower mat.  
 Considered color selection.  
 Continuing my interior design attempt.

2x7





After



Before there was just one single towel that was black.  
I added the green square towel, and a couple others as you can see...

2x7





After

i hand placed fake grass  
blades individually  
and cut the stems to fit



3x7





Living Room Art  
The Process



4x7

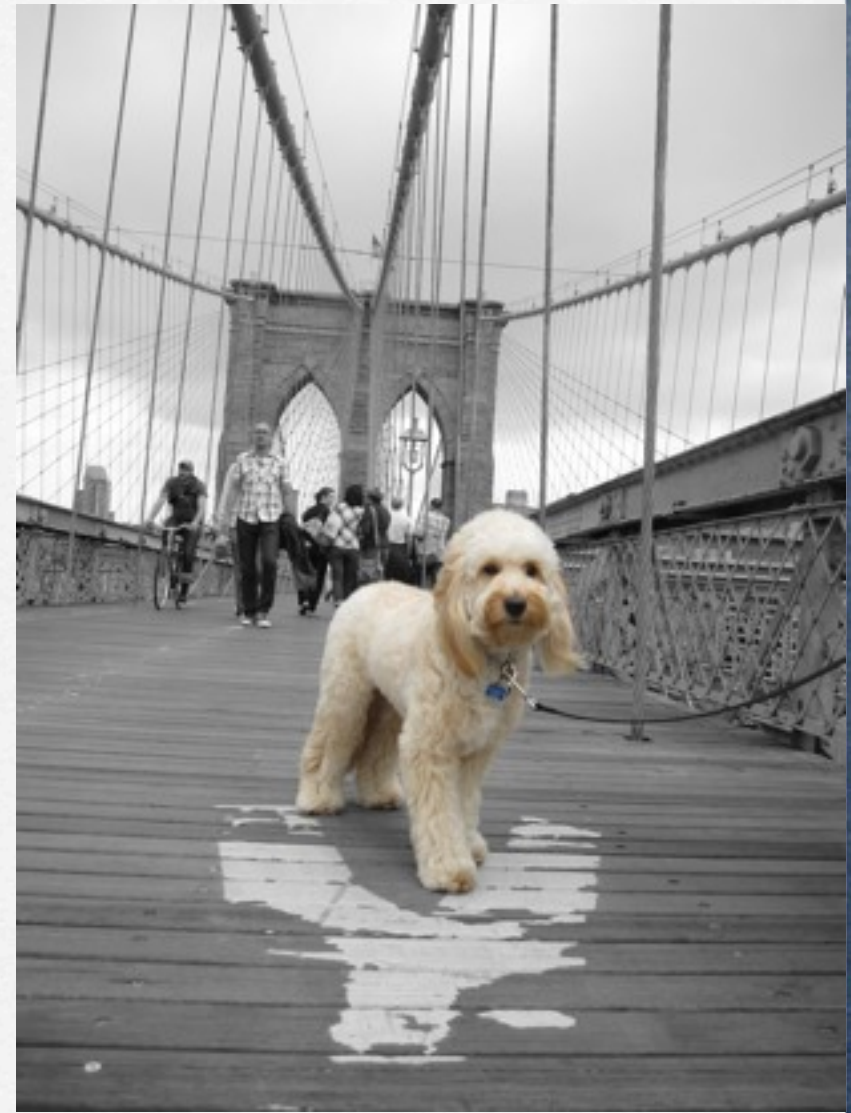




Before



During



After

4x7





After  
Final Living Room wall art

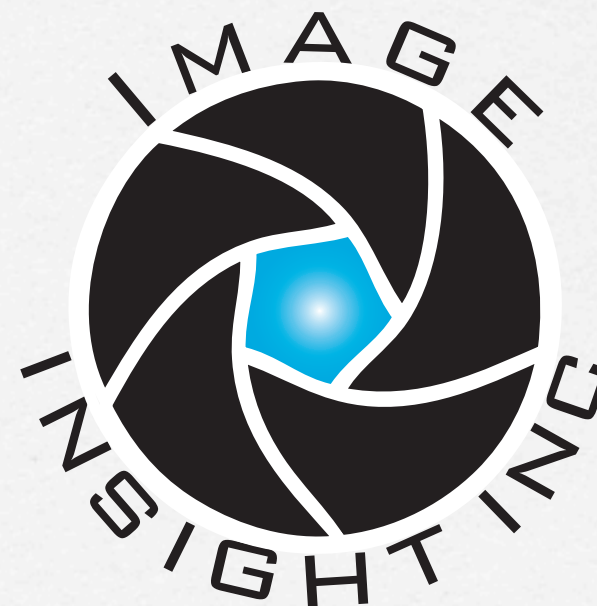
4x7



Logo design for  
new company



Client selected top logo without INC  
for final identity



5x7




web design  
and identity  
for Kit

Fitness is the catalyst to help with all aspects of life.

## Get Fit With Kit


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**Fitness is the catalyst to help with all aspects of life.** I believe this statement because in 2004 I found P90X and got in the best shape of my life. I feel better now at 46 than I did in my 20s! My older brother is Tony Horton, the creator. He encouraged my husband Danny and me to try P90X just after it was launched. Danny and I have three children. We were approaching 40 and frustrated with the weight we were putting on and not having time to get to the gym. I am so amazed at my level of energy and fitness that I have become an Independent Health and Fitness Coach for Beachbody. I want to help you achieve your health and fitness goals, no matter what your age and where your starting point is.

[Become a coach and join Kit's team](#) [Learn about Shakeology, the healthiest meal of the day](#) [Find the Beachbody program that fits your style and fitness level](#)


**P90X**  
EXTREME HOME FITNESS

 12 WORKOUT DVDS  
+ 2 FREE BONUS GIFTS

90-DAY MONEY-BACK GUARANTEE

[CLICK HERE](#)  
TRY IT RISK FREE


**shakeology**

 ✓ Stop cravings  
✓ Lose weight  
✓ Increase energy

[Get Healthy Now!](#)


Chocolate • Greenberry

**YES! I WANT TO TAKE THE INSANITY CHALLENGE!**

 **INSANITY**

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TRY IT RISK FREE


**CHALEAN**  
EXTREME

 **BURN UP TO 60% OF YOUR BODY FAT!**


[CLICK HERE >](#)

**Pre-Order Your Copy TODAY And Receive:**

- Free Shipping & Delivery by Dec. 31<sup>st</sup>
- 2 Free Workouts
- A chance to have Tony Horton deliver your copy to your home in person
- Credit Card not charged until delivery



**TURBO FIRE**  
INTENSE CARDIO CONDITIONING

 **BURN up to 9X more FAT.**

6x7



Fitness is the catalyst to help with all aspects of life.

# Get Fit With Kit

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My name is Kit Horton Caldicott. I am 46 years old, I have been married for 17 years to my beloved husband, Danny and we have three great kids; Matthew, 14, Liza, 13, and Liam, 11. I am also blessed to be the younger sister of Tony Horton, creator of P90X. After completing my first round of P90X at the age of 39, I've gone on to do amazing things. I teach spinning, I've run a ½ marathon and I ran a military obstacle course challenge on the face of a mountain! I would have never dreamed of attempting these things before I found Beachbody—the creators of Shakeology, P90X, Insanity, 10-Minute trainer and so much more. Beachbody has truly changed my life for the better. I am so passionate about this company and what it stands for that in 2008 I became an Independent Health and Fitness Coach. All that means is that I am here to help YOU achieve YOUR health and fitness goals, whatever they may be. I am so grateful to be part of this company. Not only have the trainers, fitness programs, and supplements received my respect and loyalty, they have taught me how to LIVE WELL.



Become a coach and  
join Kit's team

Learn about Shakeology,  
the healthiest meal  
of the day

Find the Beachbody  
program that fits your  
style and fitness level

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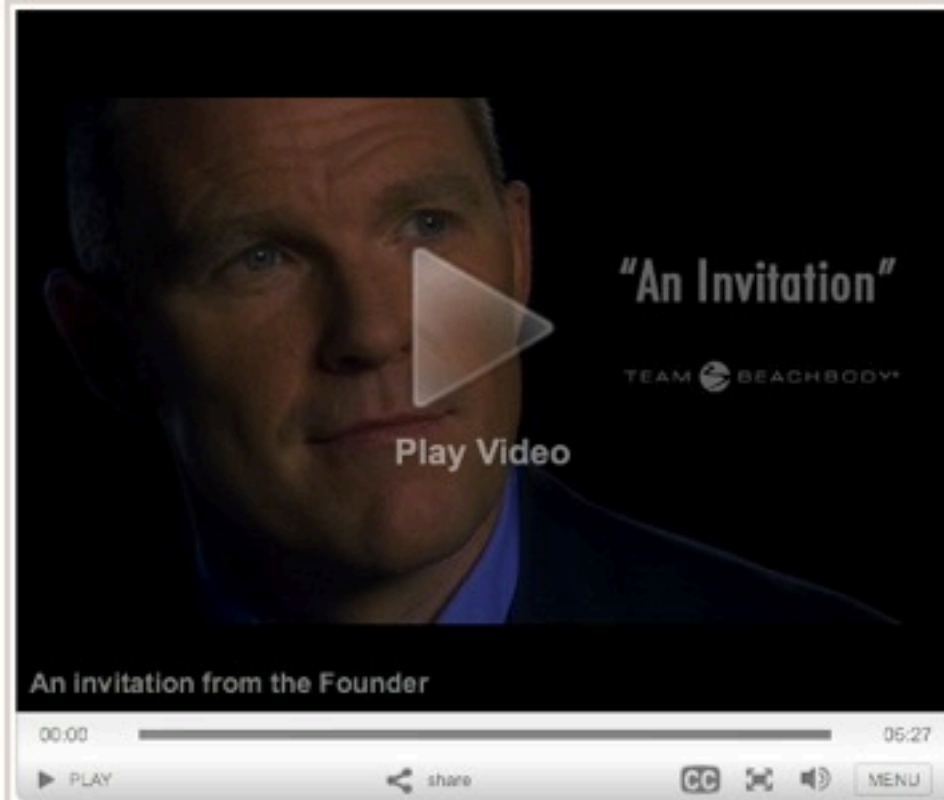
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Beachbody's corporate mission is to "help people live healthy and fulfilling lives." My mission is to wipe out obesity in this country and get people back to feeling good about themselves, one person at a time. Want to earn some money WHILE YOU get healthy and fit? I would LOVE to have you on my team! I will provide all the training and support you need to be successful. Take a look at the videos below to find out more about what being a Teambeachbody Coach can mean for you.



Watch the coaching opportunity webinar!

6x7



Logo redesign and text change to  
"radioactivity" for  
established company



BEfore



After

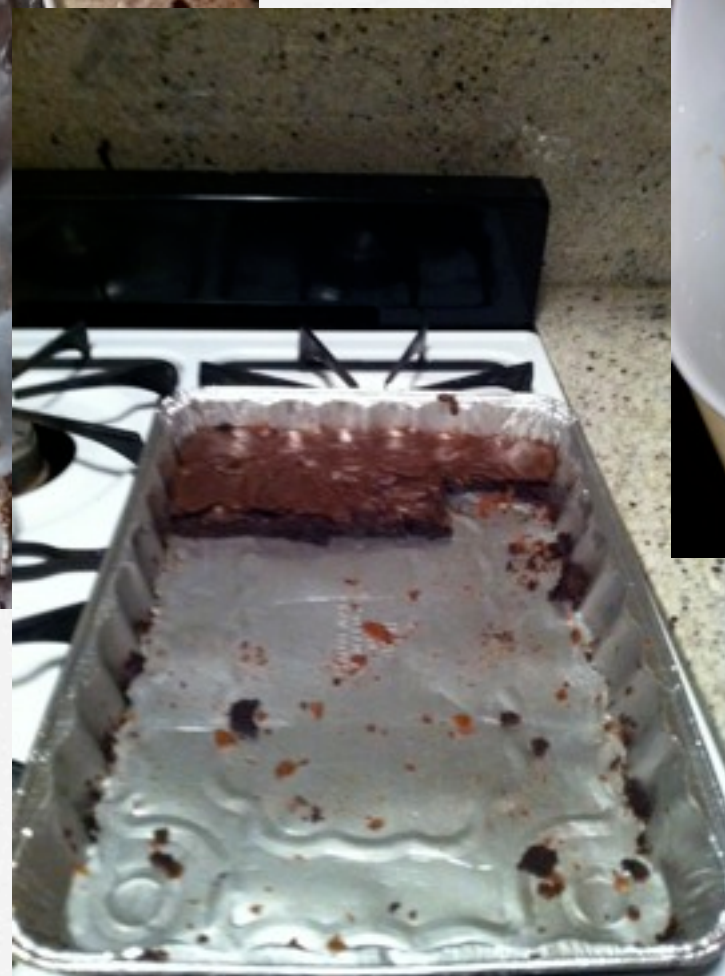
7x7





HOMEMADE  
BROWNIES

Shared with my  
sisters, brother-in-law,  
roommate and friends



TRADER JOE'S  
ICE CREAM  
SUNDAES!

BONUSX7



☐ Thank you!