

Guide to Downloading Our Lifestyle Forms

Follow these steps to download our forms. We recommend using a laptop or PC, preferably one with access to a printer.

Step 1

In the "How to Apply" section, click the Get Forms and Get Dates button. This will allow you to download the forms you need to make your application. If nothing happens, you can right click on each of these buttons and select the "Save link as" option.

How to Apply

To make sure our program is the right fit for you, we ask every guest to complete a short screening process.

1

Fill in Forms

Download and fill in the prerequisite forms. These includes an instructions sheet and a wellness questionnaire.

[Get Forms](#)

2

Choose Dates

Download this years intake dates and fill in which times best suit you. Scheduling is on a first-come, first-serve basis.

[Get Dates](#)

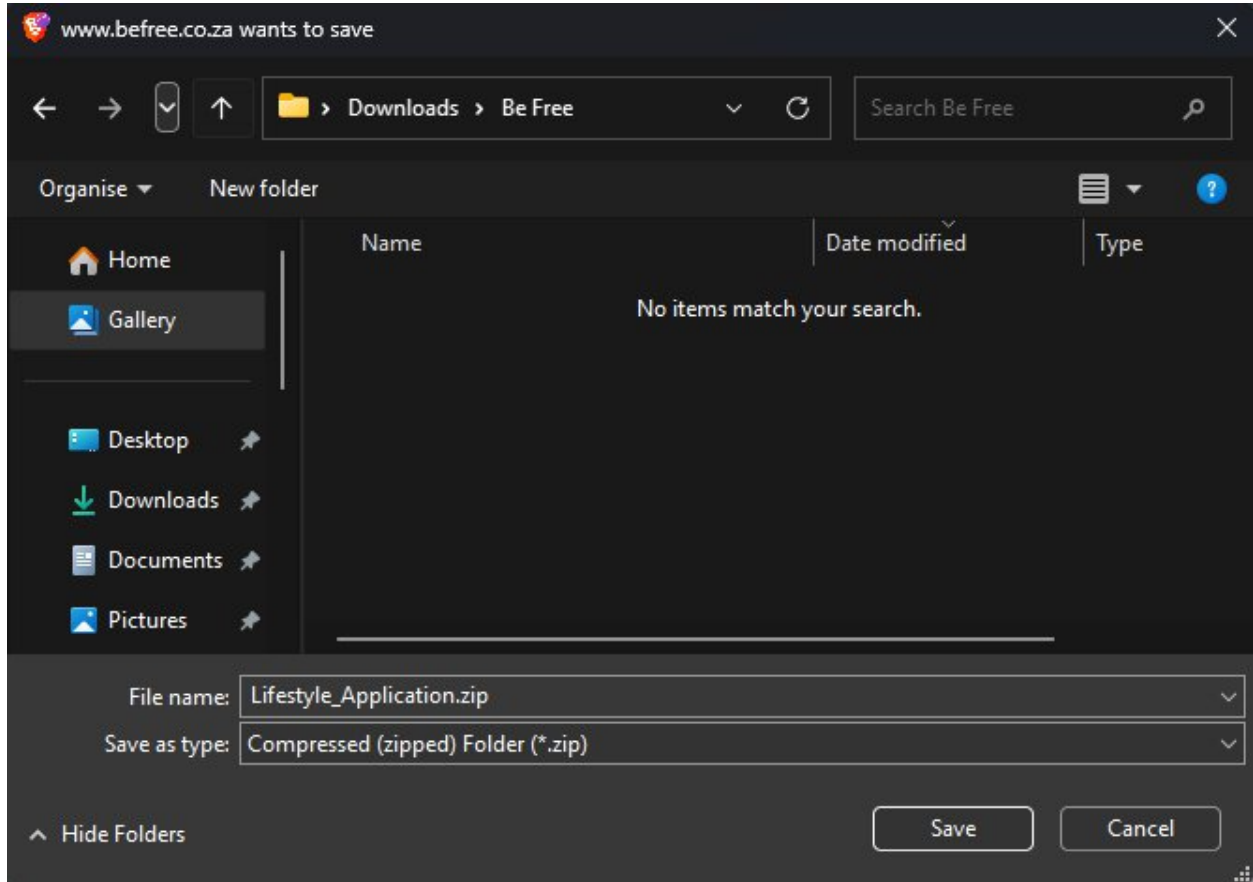
3

Apply!

Once complete, email your forms and dates to info@befree.co.za. We will conduct a necessary screening process and let you know if you've been accepted into the programme.

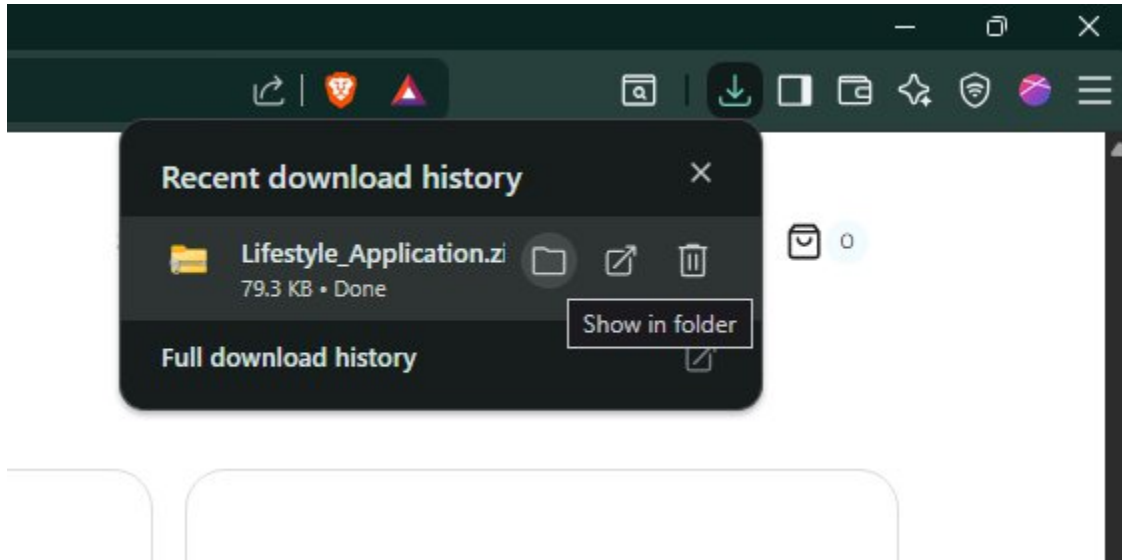
Step 2

A dialog box will open with a Save button in the bottom right (next to the Cancel button). Usually your downloads will save to the Download folder, but you can also choose a different folder to save to, then click Save. Do this for both Get Forms and Get Dates.



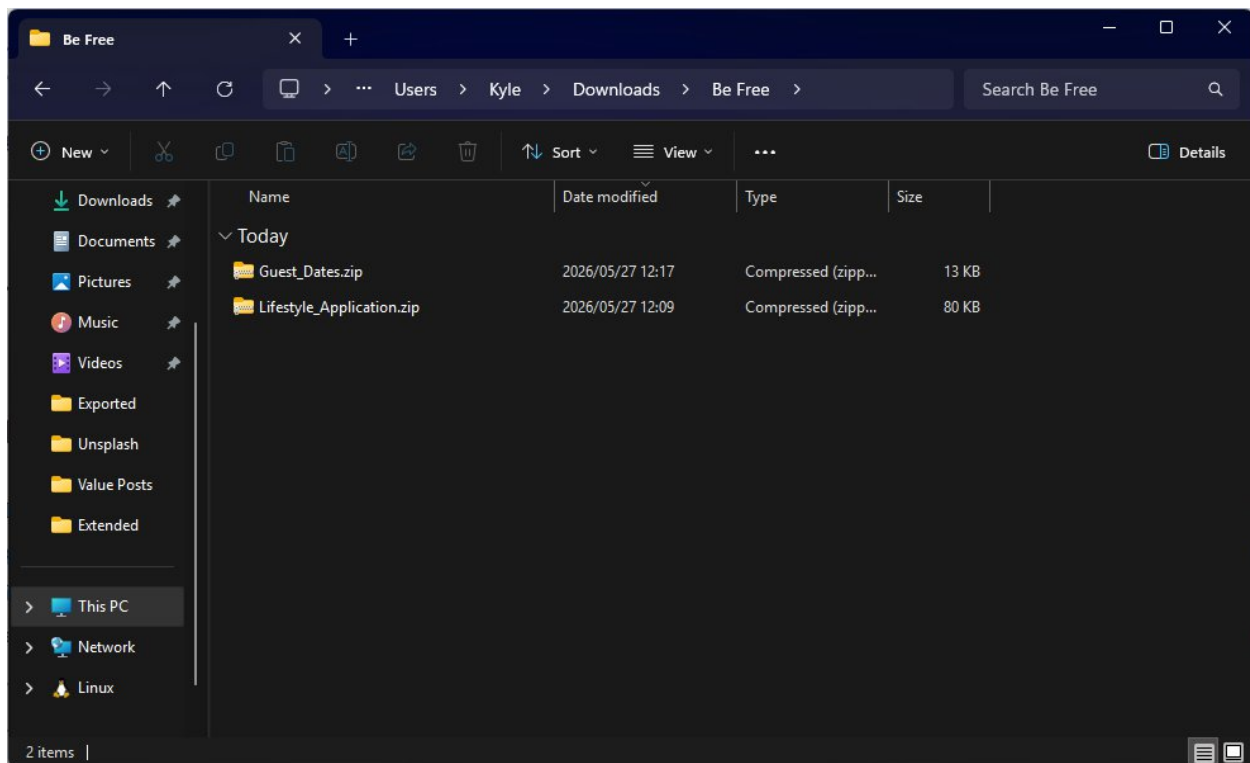
Step 3

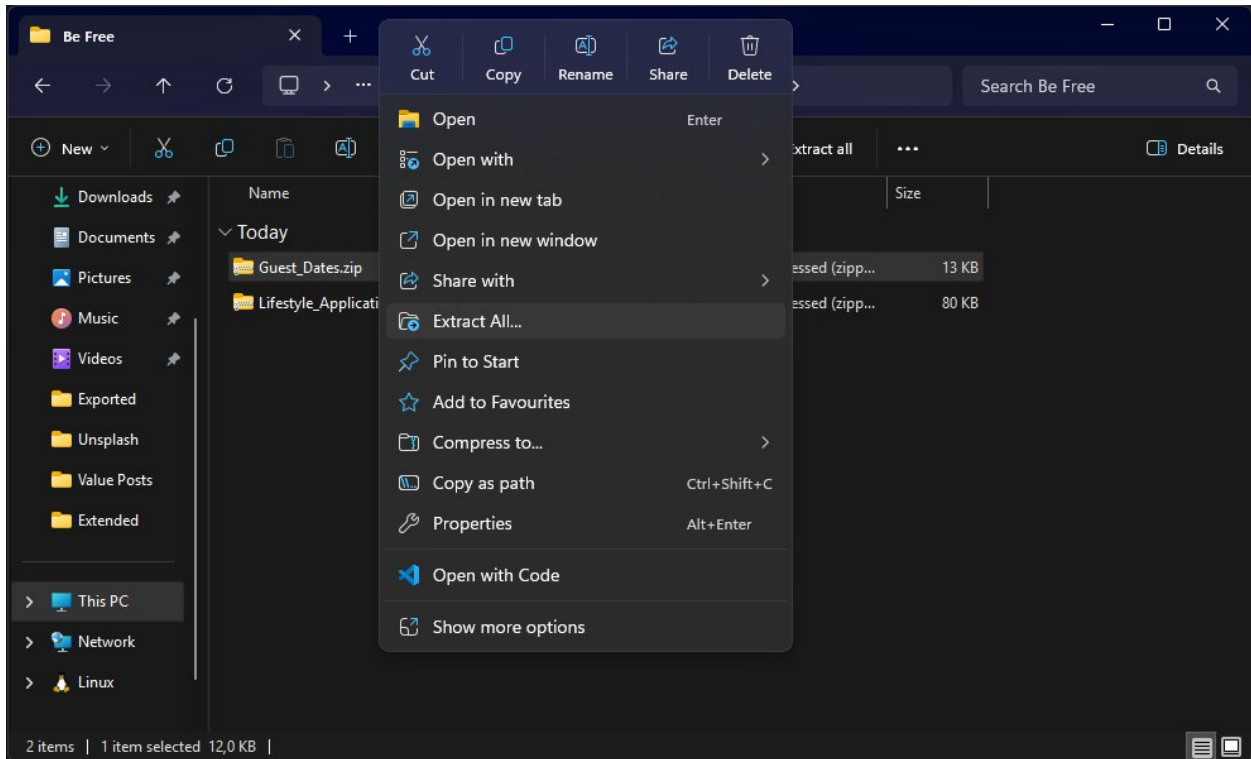
Once you've clicked on Save, your download will begin. You can check your download progress by finding your downloads button somewhere in the top right of the browser window (this varies from browser to browser). Click the button that allows you to Show in Folder.



Step 4

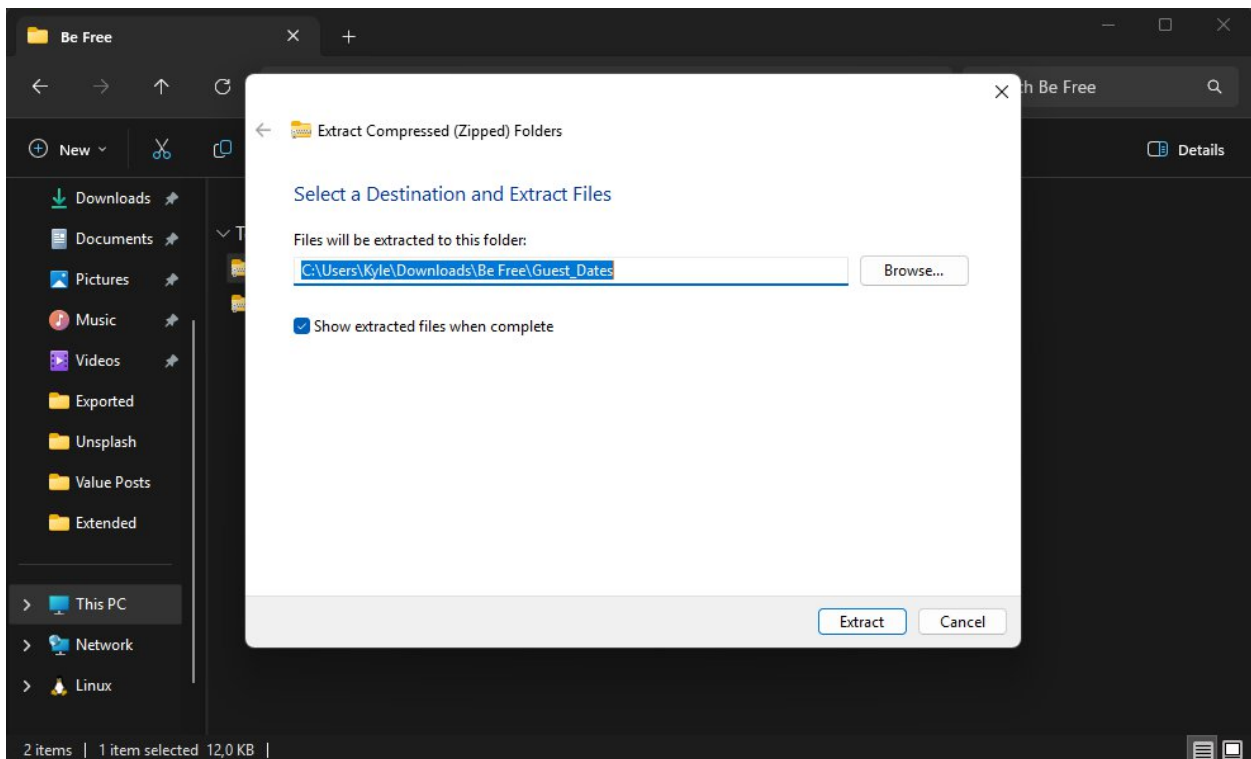
A window will open with your downloaded files (see first image below). Single-click on one of them, then Right-click and select Extract All (second image below).





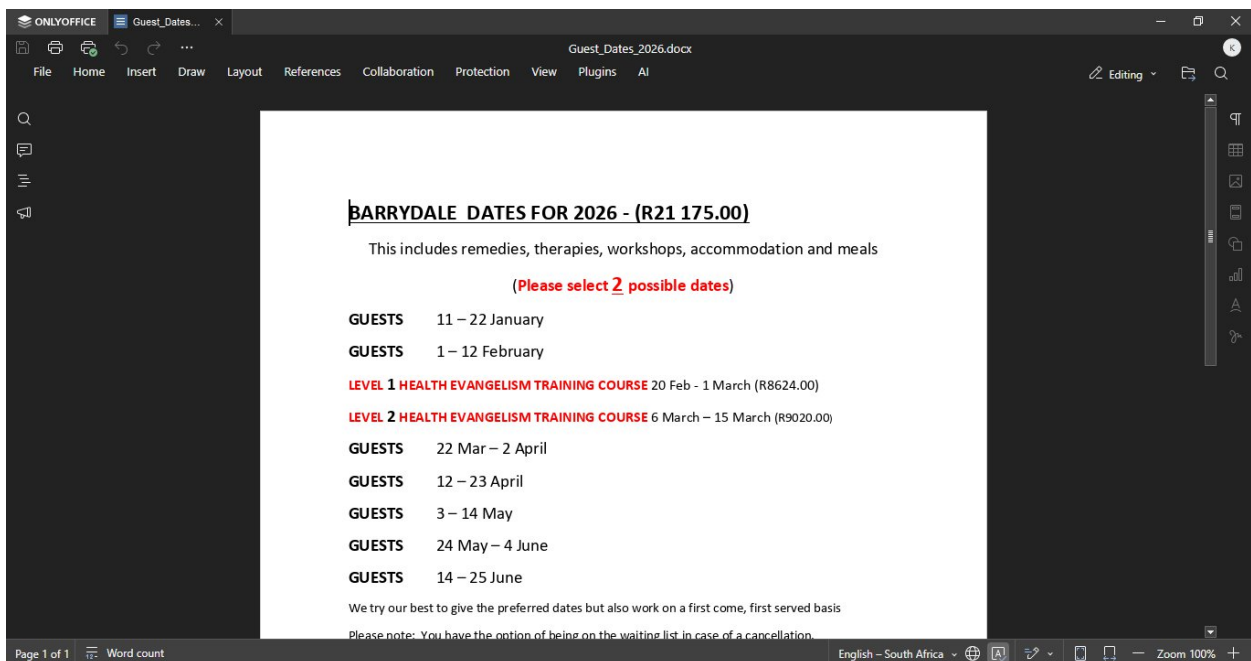
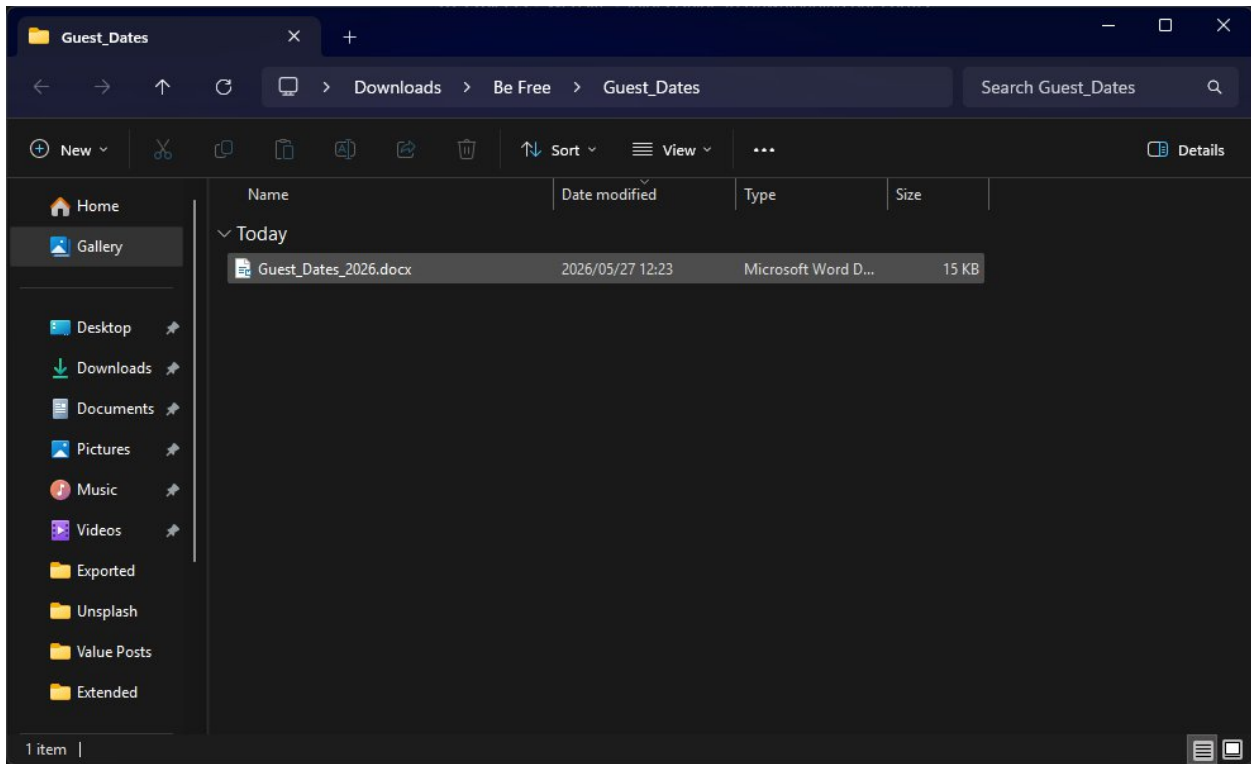
Step 5

A new dialog box will open. Ensure the check box that says "Show extracted files when complete" is checked, then click Extract at the bottom right of the dialog box.



Step 6

Great, now you can double click on the document/s to open it (ensure you have Microsoft Office or an alternative installed on your machine).



When document is double clicked

Step 7

Ensure you extract each of the ZIP files you downloaded from our website. Downloads contain a dates sheet, so you can choose the dates that would suit you, along with an info sheet and wellness questionnaire. Ensure all forms are fully completed, then email them to info@befree.co.za.