

STANDARD OPERATING PROCEDURE (SOP) FOR SHAKE IT X PHYSIQUE 57 INDIA

EFFECTIVE DATE: 11TH OCTOBER

DURATION: 30 DAYS

LOCATIONS: BOTH MUMBAI STUDIOS (KEMPS CORNER & BANDRA)

I. Overview

Physique 57 India will be selling smoothies in collaboration with **Shake It**, owned by **Karishma Kriplani**, from 11th October onwards at both Mumbai locations. This partnership will run for a period of 30 days.

Karishma Kriplani will be responsible for supplying both studios with the following:

- **Base Ingredients**
- **Additional Ingredients**
- **Packaging Materials**

II. Storage and Handling of Supplies

A. Upon receiving the supplies, handle them as follows:

- i. **Cold Items:** Store in the dedicated freezer immediately upon receipt.
- ii. **Additional Ingredients:** Unopened packets (such as Coconut Milk, Almond Milk, Coconut Water) should be stored in the dry storage area.

B. Opened Additional Ingredients:

- i. Once additional ingredients are opened for smoothie preparation, follow these steps:
- ii. Mark the opened packets with **masking tape**, and label them with "KK" and the **date of opening**.
- iii. Store opened packets in the **fridge section** to maintain freshness.

Important Note:

These products are strictly for smoothie preparation only. If any additional ingredients are consumed by the staff, including housekeeping (HK), they will be held liable for replacing or paying for the items.

III. Staff Training

The housekeeping staff at both studios have been trained on how to prepare the smoothies, and SOPs detailing the step-by-step preparation of each smoothie have been placed above the kitchen counters for reference.

IV. Smoothie Ordering Procedure

A. Pricing

- All four smoothies are priced at **₹475** (+ taxes), with an **MRP of ₹499**.

B. Prepayment Policy

- All smoothie orders must be **prepaid**. Under no circumstances should orders be taken without prior payment. There is no option to "pay later."
- Orders must be placed and paid for **before the client enters class**.

C. Smoothie Flavors

- The available smoothie flavors are:



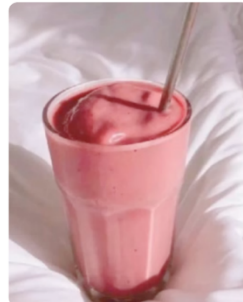
Energizer

10g Protein



Refuel

5g Protein



Glow Up!

5g Protein



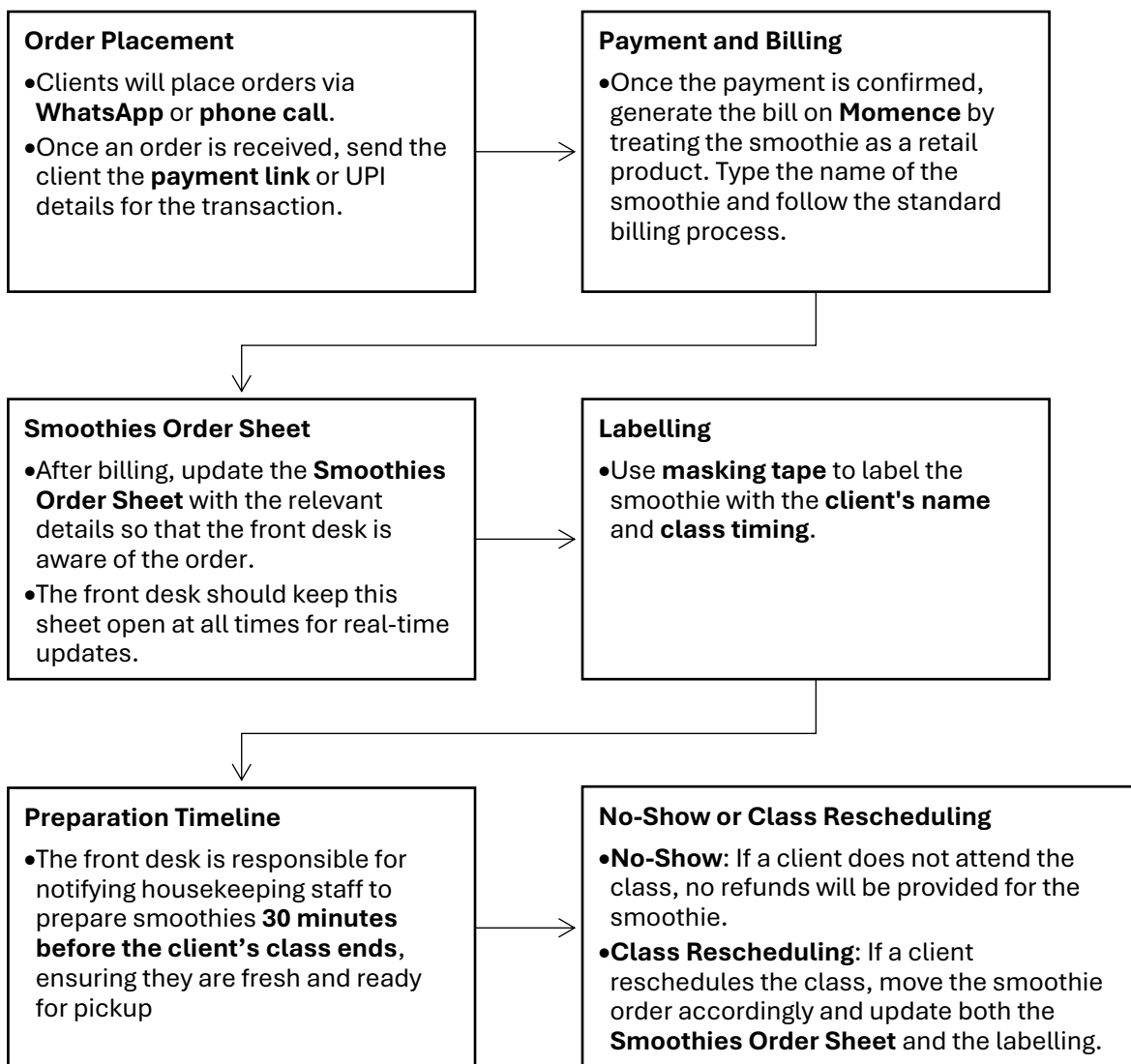
Immunity

7g Protein

D. Ingredient Notes:

- All smoothies contain **natural ingredients** and **whey protein**, except:
 - i. **Glow Up**: Does not contain banana.
 - ii. **Energizer**: Can be made **without whey protein**.

V. Billing Procedure



VI. Hygiene and Inventory Management



Hygiene Check

The **Studio Coordinator** is responsible for conducting hygiene checks of the equipment and inventory every **2 days**.



Low Supply Notifications

The Studio Coordinator should inform the management when the supply of smoothies is low.



Restocking Procedure

When there are only **two servings of pre-mix** remaining, the Studio Coordinator should prepare a **Purchase Order (PO)** for new supplies.



Maximum Order Quantity

At no point should the stock exceed **5 servings** of each flavour at both studios.