

## **Begin the adventure to Your Fittest & Healthiest Body and Abundant Health...**

Please answer these questions, the responses can be as long you want – really dig deep and think about this, it WILL have a HUGE impact on your results. I am interested in many of your answers but a big part of filling this out is for you to dig deep and figure out why you are making a change. The “why” behind every action you take in life is what drives your desire, passion and ultimately your results. Please give yourself the time you deserve to slow down and get in touch with your feelings and desires when it comes to health and wellbeing. This is just between you and me and I will ensure it is kept confidential. If you aren't able to take the time to answer the questions (15 to 30 minutes) right now, please MAKE SURE you do it before our appointment so we can get the most out of our time together.

Full Name:

Cell Phone:

Email:

- 1) How has your life been affected by the lack of your desired level of physical fitness and/or excess weight? Ie.your relationships, your marriage, your career, etc.
  
- 2) How has your energy level been? How has it affected your life?
  
- 3) Have you been unhappy or even depressed about this? Why?
  
- 4) Has your self-esteem been affected? In what way? How has it affected your life?
  
- 5) What frustrates you the most about your body?
  
- 6) How long have you been struggling with your weight or fitness level?

7) What was the defining moment or thing that happened that made you consider a training and lifestyle program like ours? I.e. An old photo, sore body, jeans that don't feel good to put on, someone said something etc.

8) Imagine yourself at your fittest and most energetic and happy self, describe what it will feel like having the Fit & Healthy Body that you want? Research shows that if you take time to vividly "visualize" yourself where you want to be you much more likely to get there! Thoughts do become things so think positive!

9) Is there any reason why you are ready to get started now rather than a month or 6 months ago? What has changed in your life or within you that makes you want to do something about it NOW?

10) What are your very specific fitness and life goals for the next 3 months? Next year? Specific goals are way easier and meaningful to achieve!

11) If weight loss is goal, how many pounds are you excited to lose? What dress and pant size are you excited to wear?

12) Are there any specific parts of your body you want to see change?

13) How will your life be different or improved when you get these results?

14) I want you to find a picture of yourself of you being at your goal weight (if you have that picture). This photo will be a great way to keep you inspired in your journey to your best self!! Please bring it to the appointment.

**Great job!** I will see you at the appointment. See you there! And **Congrats** on taking your first step towards the **New You!**