

GENERAL INFO AND GOALS:

1. Have you visited our studio before?

2. Do you live in the area?

3. Tell me about your experiences with other studios or trainers.

Who?

Where?

Love:

4. If you haven't been to another studio, what's stopped you?

DAY IN THE LIFE OF _____

Wake up time: _____

First thing you do in the morning:

Breakfast time: _____

Food: _____

Drink: _____

Body check in wake up: _____

Work day?: _____

School day?: _____

Kids home?: _____

Morning activities: _____

Food: _____

Drink: _____

Body check-in 10am: _____

Lunch time: _____

Food: _____

Drink: _____

Companions: _____

Where: _____

Afternoon activities: _____

Snack: _____

Drink: _____

Body check-in

3pm: _____

5pm: _____

Arrive home: _____

Dinner time: _____

Food: _____

Drink: _____

Companions: _____

Where: _____

Evening ritual: _____

Bedtime ritual: _____

Bedtime: _____

Asleep: _____

Body check-in 10pm: _____

IS YOUR STRESS LEVEL A CONCERN? _____

YOUR GOALS:

What do you want us to achieve together? What are your goals?

Specific - Body

Specific - Lifestyle

What are you doing now to reach these goals?

How long do you realistically think it will take to achieve this goal?

Everyone has something that has the potential to stop them.
What obstacles do you foresee standing in your way?

Who is in your support system? Who is going to hold you accountable and keep you going strong?

Are the members in your support system in favor of you reaching your goals?

HISTORY

How long has it been since you've felt like you were in your ideal shape?

We're at a different stage in your life and we can't recreate this, but what were you doing then and who were you doing it with?

What triggered you to stop?

THE TECHNICAL DETAILS

Describe your medical conditions including injuries and chronic conditions.

Do you have aches/pains in any parts of your body? Do you hold tension or stress in any areas?

Have any medical conditions or injuries stopped you from reaching your goals?

THE FUTURE

Just one last question, if you can imagine what your life will look like when you achieve this goal, how will you feel? How will your life change? What will you do?
