

Name:
Date:
Height:
Age:

Habits/hobbies:



Current exercise regimen:

Typical eating habits (how many times/day, what do meals consist of):

Areas of concern:

How many times/week are you committed to working out?:

How much time daily do you have to commit to working out?:

Describe your fitness goals.

Describe your competition goals.

What exercise/routines have you tried and loved/hated? Why?

Are you comfortable with weight lifting:

What kinds of cardio do you enjoy?

Are you interested in a personalized meal plan?

Is there any food/drink that you're not willing to give up?

Are you currently taking any supplements to aid weight loss or otherwise?

What foods do you dislike/love?

What is your daily water intake?

Why do you want to compete?

What is your schedule? Any days you cannot train?

What do you feel are your strengths and weaknesses?

What are you trying to achieve with your physique?

Do you have or have you had any injuries? Explain.

Other comments: