



JARFIT QUESTIONNAIRE

www.jarfit.com



FITNESS QUESTIONNAIRE

We are excited to help you with your journey. At JARFIT we know that your goal to get in shape/ compete is going to require more than just us "wanting" it for you. Below are guidelines for your success. In addition, below you will find a place to list your top 3 goals that you'd like to achieve in fitness. We will take these goals and focus on both short and long term goals in order to make these a reality. We want your goals to be dynamic, changing based on your progress with the end game always in sight. This is a necessary process for us to ensure that you are successful.

GUIDELINES

- **You are the only one who can truly make your goal/goals a reality.**
- **Following the plan as given will ensure your success and if you cannot, it is necessary to let us know so we can modify your goal and/or plan.**
- **To ensure receipt of appropriate programs & therefore optimal results: please provide feedback and details to your coach. This includes; food logs, workout details, check in photos, measurements and in-body results.**
- **Discuss with your coach the best way and time to check in; face-time, calls, email, etc to ensure programming is on track with your goals.**
- **If you stray from programming inform your coach immediately so they can make adjustments if necessary**



Jason Alan Robinson

Founder, CEO

There are 2 things on this Earth that Jason would do for free; Fitness & Ministry. He chose fitness! Thus JARFIT was born. Jason's mission is to transform lives; physically, mentally and spiritually.

AS- Health & Human Performance
ACTION- Personal Training
Precision Nutrition Certified



Tamika Robinson

President

As an athlete her whole life, it was only right for Tamika to make a career out of fitness! Tamika's mission is to transform the way you see yourself from the inside out!

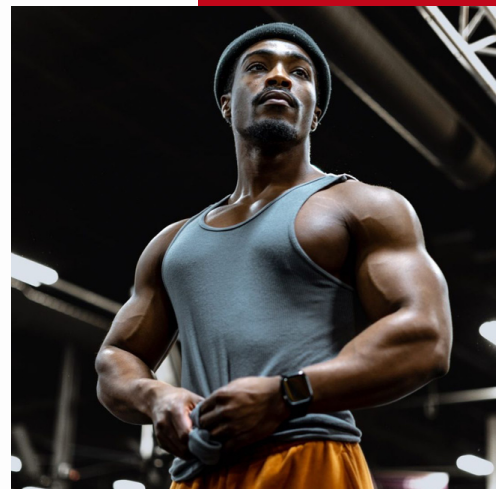
B.A- Behavioral Science
M.S- Criminology
NCSF- Personal Training
Precision Nutrition Certified

Dallas Botchway

Master Coach

An athlete for 14+ years and a trainer for 5+ years. Through my experience, I've honed efficient methods for weight loss and strength gain. I guide clients in nutrition, training, and lifestyle transformation, aiming to boost confidence in both the gym and life. Let's collaborate to achieve your goals and transform your life!

B.A- Exercise Physiology
NASM- Personal Training





Monique Lindsay

Master Coach

Monique Lindsay, a US Navy Veteran, Coach, Trainer, and Athlete from New Jersey, is devoted to improving lives through her inclusive fitness approach. Monique's passion lies in helping people discover their awesomeness through fitness and positive change.

ACTION- Personal Training
Precision Nutrition Certified



Cody Blair

Master Coach

Cody, a Denver native with a sports background, particularly football. Having lost 65 lbs through hard work and discipline, he is here to motivate and guide you along your transformation journey. Let's get started!

NCSF- Personal Training
Precision Nutrition Certified



JARFIT CLIENT & COMPETITOR POLICY



Policy

- No refunds.
- 90 day minimum requirement for all purchases.
- Payments are billed monthly
- We require a 30 day notice to change plans.
- We require a 30 day written cancellation notice.
- Failure to give 30 days notice will result in payment of next month.
- Cancellations of sessions need to be made at least **36~48** hours in advance of the scheduled training session **.Failure to do so may result in loss of session.**
- In the case of cancellations, we may reschedule a “make-up session” based on availability- we will not reschedule a “make-up” session if you missed your planned “make-up” session.
- If you are more than 15 min late to your session it will result in loss of session.
- Personal Training Packages and sessions must be paid in full prior to training.
- Upon completion of a package, if you would like to continue training you must purchase a new package before resuming training.
- Sessions paid are to be used by the person paying.



I have read, understand and agree to the above policies:

Sign & Date

JARFIT CLIENT & COMPETITOR POLICY



Competitors

In addition to the policies on the previous page, competitors will agree to the following:

- Athletes must commit to a minimum of 16 week prep.
- Athletes must commit to a minimum of 4 weeks following the show this is to properly reverse
- Payment is due before a show.
- If competitor wants coach/coaches to attend out of state shows then the competitor will pay for cost for their coaches flight & hotel.

* If more than one competitor attends then they can split the cost equally*



I have read, understand and agree to the above policies:

Sign & Date



Photography Release

JARFIT & Trainers have my permission to publish images/pictures and videos of me for promotional purposes on any and all social media accounts.



Yes



No

COACH RESPONSIBILITIES & POLICY



Responsibilities

- The trainer will design a safe, effective exercise program on an individual basis that reflects the client's objectives, fitness level, and experience.
- If your trainer is 15 min late, you will receive a complimentary session
- The trainer will maintain an open line of communication throughout the course of service.
- Update plans in an effective time frame.



JARFIT Company Policy

- **Hours of Operation:** Monday through Thursday 8am-6pm: Friday's 8am-3pm. Weekends off/ By appointment .
- **Contact Hours:** Monday through Thursday 8am-6pm: Friday's 8am-4pm. Weekends OFF
- JARFIT observes the following holidays:
 - ` New Years
 - ` Martin Luther King Day
 - ` President's Day
 - ` Good Friday/Easter
 - ` Juneteenth
 - ` Memorial Day
 - ` Independence Day
 - ` Labor Day
 - ` Veterans Day
 - ` Thanksgiving Day
 - ` Christmas Day
- **Vacation:** Your coach will get 4 weeks off without makeup sessions. Due to the nature of our business you pay for 4 sessions a month, some months have 5 weeks- instead of charging for the extra session we have opted for personal time for the coaches.

JARFit

I BELIEVE . I WORK . I WIN

PRICING

Looking for exceptional training services? Check out our JARFIT packages! We offer a variety of training options to meet your needs and budget. Our packages include nutrition, access to our app, check ins, and more. Contact us today to learn more and get started on transforming your physique.

JARFIT 3 COURSE NUTRITION	<ul style="list-style-type: none"> Custom Macro Based Nutrition Program Macro Program Updated Monthly Access To App Monthly E-Mail Check Ins Client Data Tracking 	\$100
JARFIT 5 COURSE NUTRITION	<ul style="list-style-type: none"> Custom Nutrition Program Nutrition Program Updated Monthly Access To App Bi- Monthly Coaching E-mails Client Data Tracking 	\$200
JARFIT GOLD	<ul style="list-style-type: none"> Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Supplement Guidance & Recommendations Weekly Check Ins Client Data Tracking 1: 30Min Monthly Review Call Access to Mobile App 	\$275
JARFIT EVOLUTION	<ul style="list-style-type: none"> 1- 1:1 Training session a Week Supplement Guidance & Recommendations Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Weekly Check Ins Access to Mobile App 1 Monthly Inbody Scan 	\$450
JARFIT TRANSFORMATION	<ul style="list-style-type: none"> 2- 1:1 Training sessions a Week Supplement Guidance & Recommendations Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Weekly Check Ins Access to Mobile App Bi- Weekly Inbody Scan Bi- Weekly Biomechanical Assessments 	\$850
JARFIT METAMORPHOSIS	<ul style="list-style-type: none"> 3- 1:1 Training sessions a Week Supplement Guidance & Recommendations Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Weekly Check Ins Access to Mobile App Weekly InBody Scans Weekly Biomechanical Assessment 	\$1200



PRICING

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JARFIT ATHLETE	<ul style="list-style-type: none"> Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Supplement Guidance & Recommendations Monthly Check Ins Weekly Check Ins 4 Weeks Out Planned & Monitored Peak Week Reverse Nutrition Programming Reverse Workout Programming Pre- Show Guidance 25% Off Posing 	\$300
JARFIT ELITE ATHLETE	<ul style="list-style-type: none"> Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Supplement Guidance & Recommendations Bi-Weekly Check Ins Bi-Weekly Physique Reviews Planned & Monitored Peak Week Peak Week Adjustments Reverse Nutrition Programming Reverse Workout Programming Pre-Show Guidance 1:30 Minute Posing Session 	\$500
JARFIT PRO ATHLETE	<ul style="list-style-type: none"> Custom Nutrition Programming Custom Workout Programming Custom Cardio Programming Supplement Guidance & Recommendations Weekly Check Ins Weekly Physique Reviews Weekly Programming Reviews Planned & Monitored Peak Week Peak Week Adjustments Reverse Nutrition Programming Reverse Workout Programming Pre- Show Guidance 2:30 Minute Posing Sessions Post Show Video Analysis 	\$700

WELCOME TO THE **JARFIT** FAMILY!



TODAY'S DATE

BIRTHDAY

FULL NAME

STREET ADDRESS

CITY/ STATE

PHONE

EMAIL

HOW DID YOU HEAR ABOUT US?

Training/Check In Availability



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

Preferred Times



Morning
7-10



Afternoon
11-2



Evening
3-6

Please List Your 2nd & 3rd Preferred Training Times



PAYMENT DETAILS

	Group Training	Online Training	Nutrition Coaching	1:1 Training	Contest Prep
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PLAN TYPE

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
JARFIT Group \$175	JARFIT ONLINE Training \$275	JARFIT 3 Course \$100	JARFIT 5 Course \$200	Evolution 1X/Week \$450	JARFIT Athlete \$300
		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
		JARFIT 5 Course \$200	Transformation 2X/Week \$850	Metamorphosis 3X/Week \$1250	JARFIT Elite \$500
				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
				JARFIT Pro \$700	

PAYMENT DATE

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
1st	15th

We will charge you as soon as you start but
*if billing falls between the payment dates

BILLING INFORMATION

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
MC	VISA	AMEX

CARD NUMBER

EXPIRATION DATE

SECURITY CODE

BILLING ZIP CODE

30 DAY NOTICE TO CANCEL

3 MONTH PROGRAM COMMITMENT

INITIAL

INITIAL

PERSONAL DETAILS

MEASUREMENTS

HEIGHT

WEIGHT

BUST/CHEST

UPPER LEG

WAIST

CALVES

HIPS

UPPER ARM

COMPETITION DIVISION



BIKINI



WELLNESS



FIGURE



MEN'S
PHYSIQUE



MEN'S
CLASSIC



OTHER

NUMBER OF YEARS COMPETING

FEDERATION

MEDICAL ---

Any medical conditions or health issues including; hormonal issues and/or eating disorders:
Please Explain:

Any injuries past or present that we should be aware of: Please Explain:

Any medications- including birth control: Please Explain:

Any food allergies: Please Explain:



LIFESTYLE _____

What do you do for work- active or sedentary? Please Explain:

On a scale of 1-10 how stressful is your life and job? Please Explain:

Any drinking, smoking or recreation drug use?

What else in your life consumes your spare time? Please Explain:



NUTRITION

What is your nutrition lifestyle? Vegan, Keto, Vegetarian etc.

List any and all supplements, including any fat burners:

Do you have stress eating habits? Please Explain:

SCHEDULE

What time do you typically wake up?

What time do you typically go to bed?

How many days a week do you lift?

What time do you lift?

Cardio?

Calories burned daily (From the moment you wake up until you go to bed)

Active Day Calories?

Rest Day Calories?

TRAINING

(# of DAYS PER WEEK, DURATION, MODE, INTENSITY AND TIME OF DAY)

Cardio

Functional Training (Bootcamps, Plyometrics, Crossfit etc)

Weight lifting- Please list splits

Scale of 1-10 what is your level of experience in the weight room?

Any other activities that you participate in? Ex. Boxing, Yoga, Pilates etc.

If you compete do you incorporate posing? How many times a week?

FOOD DIARY

DAY 1 – TYPICAL WEEKDAY, WAKE UP TIME?

MEAL 1		
Time of Day	Food / Drink	Quantity

MEAL 2		
Time of Day	Food / Drink	Quantity

MEAL 3		
Time of Day	Food / Drink	Quantity

MEAL 4		
Time of Day	Food / Drink	Quantity

MEAL 5		
Time of Day	Food / Drink	Quantity

SELF ASSESSMENT

Areas of improvement: Include your wish list: shoulders, calves, abs etc..

What Are Your Goals?

Please identify short term vs. long term goals. Please remember a short term goal is 6 weeks

Short Term Goals

Long Term Goals

Form A Wish List

Your wish list can include anything you have ever wanted in fitness and in life. This allows us to really get to know you and what keeps you going.



PROCESSING REQUIREMENTS

(All items must be received prior to program design)

- COMPLETED FITNESS QUESTIONNAIRE**
- ASSESSMENT PHOTOS** (provide a front, side left, back and side right photos in attire that allows us to see your physique)
- AUTHORIZATION FOR AUTOMATIC PAYMENT**
- JAR FITNESS COMPETITOR AGREEMENT**