

Stay Greasy Online Coaching Application

Welcome to GreaserBoyFitness.
Before we get started, I want to make sure this program is the right fit for your goals and mindset. Take a few minutes to fill this out honestly — the more details you give, the better I can help you build your best self.

Basic Info

- Full Name
- Age
- Gender
- Height / Weight
- Email Address
- Phone Number
- Instagram Handle (optional)

Lifestyle & Goals

What are your top 3 fitness goals?
(Ex: lose fat, gain muscle, improve confidence, build structure, compete, etc.)

What’s your current activity level?
I’m new to working out
I train occasionally
I train consistently (3–5x a week)
What do you currently struggle with the most when it comes to fitness and nutrition?
What does your ideal physique or lifestyle look like six months from now?
Do you currently track calories or macros? If so, how?

Training & Nutrition

Do you have access to a gym?
Yes
No
Home setup (list equipment)
What’s your current workout routine (if any)?
Are there any injuries or limitations I should know about?

Do you have any food allergies or dietary restrictions?

Mindset & Commitment

How committed are you to your goal?
(1 = not serious, 10 = all in)
What’s motivating you to start right now?

How much accountability and structure do you need from a coach?
Minimal — I’m independent once guided
Moderate — I like check-ins and guidance
High — I need full accountability
What would make coaching with me a success in your eyes?

Program Interest

What type of coaching are you interested in?
Online 1:1 Coaching
Nutrition + Training Plan Only
Contest Prep
Lifestyle Recomp
How did you hear about GreaserBoyFitness?
(Instagram, TikTok, friend referral, etc.)

Final Step

By submitting this form, you’re applying to work directly with me — not a cookie-cutter plan. If accepted, you’ll receive details on pricing, onboarding, and next steps within 24–48 hours.

STAY GREASY.
Style and grit go hand in hand — now let’s build both.