

Grl Pwr Fitness Personal Training Application

Please carefully fill out the application

* Indicates required question

1. First and Last Name *

2. Phone Number *

3. Email *

4. Age *

5. Height and Weight *

6. What is your pets name?

7. What is your favorite movie?

8. Have you ever had a Personal Trainer before?

Mark only one oval.

Yes

No

9. Do you have any nutrition restrictions? (allergies, etc.)

10. What do you currently struggle with the most? Nutrition, exercising, accountability, *
etc. Why do you think I can help you with that?

11. Briefly describe your health and fitness goals. *

12. Do you want to train in the gym or do you prefer home workouts?

Mark only one oval.

- Gym
- Home
- I can do both!

13. Any injuries or limitations that I should know about? *

14. On a scale of 1 to 10, 1 being "I just want to sit on the couch and eat cake" and 10 being "I'll eat blended chicken and unicorn blood everyday if that's what it takes", how committed are you to achieving your fitness goals?

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

Cake Unicorn blood

15. Are you willing to invest just \$150 to \$300 per month into finally achieving the body of your dreams? *

Mark only one oval.

- YES!
- No

16. Are you ready to crush this? Like, are you 100% ready to commit to the program and absolutely kill this together?

Mark only one oval.

- HELL YES! Let's do it!
- Nah, I want to look and feel the same as I always have

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