



Justine Rotell Fitness
& Nutrition

Please fill this out in its entirety and truthfully.

- 1) Are you allergic to any foods?
- 2) Are there any foods you will not eat?
- 3) Give an example of a day of eating (breakfast, lunch, dinner, etc.)
- 4) Are you on any medication?
- 5) Do you eat out a lot?
- 6) Have you ever prepped your food before?
- 7) Do you understand what macros are if so can you give me your breakdown? If not do you know your daily caloric intake?
- 8) What are your goals?
- 9) Have you ever been on a super strict diet? If so, please explain
- 10) Do you take any supplements?
- 11) How many times do a week you drink?
- 12) What is your current fitness activity like?
- 13) Do you crave salty or sweet foods?
- 14) Have you been on diets throughout your life, or have you crash dieted?
- 15) Do you consider yourself well educated in nutrition?
- 16) Do you have any injuries I should be aware of?
- 17) Do you feel like you lack motivation when it comes to focusing on yourself?
- 18) Is there anything you feel that is important to tell me before we start?



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Weight

Age

Height

Body fat % if you know it

What are your goals?

What does your ideal body look like?

- I offer a macro only plan for \$125 a month
- I offer just workouts for the gym or for your home \$150 a month
- I offer a macro and workout plan for \$275 a month which includes learning about macros and what they are (which is what my clients follow), and I also send you your workouts, and they typically get changed bi-weekly along with your macro numbers depending on your progress.

You have to be dedicated because that's when goals are achieved. The numbers you are given weekly need to be hit all the time consistently. (Consistency is critical in this process) A cheat meal is factored in, but that's usually not until the two-week mark and not until I start seeing progress.

People have to give 100% and be motivated. I am here to help with that, but I can only do so much. You will be the one having to crush this every day. Nothing will be better than the result. I promise!



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I also monitor my clients weekly in the app MyFitnessPal, so you must download that and familiarize yourself with it. I will track your carbs, protein, and fats. You will learn how to track them too, but you'll first need a good food scale to weigh out your food. I bought mine at Target for \$20.

And lastly, we do weekly check-ins, which are first thing Sunday morning upon waking and after a Pee. I will need your morning weight, pictures in a sports bra, and underwear. Take photos of your front, side, and back.

As always, consult with your physician before starting any workout and nutrition program.