



What are your fitness goals over the next 6 months, 1 year, 5 years?

What experience do you have with training? (Years in the gym, training styles/splits, competitive history)

What is your current training split?

How much time per day/week do you have to commit to exercise?

What experience do you have with following a specific diet/nutrition plan?

What does your current daily nutrition look like?

Do you prefer following a meal plan with each meal pre-planned or with macro goals to meet with each meal?

Any food aversions/allergies we need to be aware of?

How many meals are you consistently able to get in on a daily basis? (4 plus snacks, 5, 6, etc)

How active are you on a daily basis? (desk job vs physical labor, number of steps on average, walks with pets, etc)

Are there any health issues/limitations we need to be aware of?

Are there any roadblocks you've experienced in the past that have hindered your fitness goals?