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Subject: Fit Questionnaire
Date: August 2, 2020 at 12:47 AM
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Please make payment to [paypal.me/BodiedbyLea](https://www.paypal.com/BodiedbyLea) prior to emailing me this questionnaire.

****Please fill out the information below at your earliest convenience. I will send you a confirmation email once I receive your Q & A back and then it takes 2-3 days for me to design and send your plan.**

- Name
- Phone Number and Email
- Height
- Weight
- Age
- Gender?
- What are your short term goals?
- What are your long term goals?
- Current diet and training routine?
- How many days are you able to workout?
- How many days are you able to go the gym?
- Are there any foods you absolutely hate or don't prefer?
- Are there any medical conditions or food allergies I need to know about before I design your plan?
- Current supplements/vitamins you're taking if any?
- Any injuries or physical limitations?
- What do you do for a living?
- Do you have any children? If so what are the ages?
- Please attach current pics (sports bra for women / shirtless for men in shorts) front and back.

-Bodied By Lea - BBL Fitness