**1:1 Coaching: Help me get to know you!**

**Complete what is most relevant to you and your goals and email back to *mofitnessandhealth@gmail.com***

1) Tell me a little about yourself: What’s your name? Where are you from? How old are you? Fun fact?

2) How would you currently rate your level of fitness?

3) What is your current fitness routine?

4) What have you tried in the past? Diets? Exercise routines?..

5) What are your health and fitness goals? Can include current weight and goal weight if part of your goals!

6) Do you belong to a gym? If not, what type of equipment do you have?

7) Realistically, how many days could you commit to getting a workout in?

8) What does your diet look like? Do you track your food?

9) Do you have any aches and pain? Past injuries?

10) Anything else I should know?