



NAME and SURNAME

A DAY IN THE LIFE (BEHAVIOUR PATTERNS):

Four horizontal lines for writing.

EXPERIENCE WITH FITNESS:

Three horizontal lines for writing.

PREFER FITNESS METHOD

Two horizontal lines for writing.

BIGGEST CHALLENGE WITH FITNESS

Three horizontal lines for writing.

SOLUTION ALREADY TRIED:

Three horizontal lines for writing.

YOUR SOLUTION:

Two horizontal lines for writing.

AGE: _____

PERSONAL TYPE: _____

EDUCATION: _____

LOCATION: _____

LIVE WITH: _____

OCCUPATION: _____

QUOTE: _____

HOBBIES:

1. _____

2. _____

3. _____

NEEDS:

1. _____

2. _____

3. _____

4. _____

GOALS:

1. _____

2. _____

3. _____

4. _____

EXPECTATION:

1. _____

2. _____

WHERE HE PREFER TO EXERCISE?

1. _____

2. _____

3. _____

QUESTION THEY COULD ASK

1. _____

2. _____