The following questionnaire has been created so that I’m able to gain a good understanding of your current situation & learn what you want to achieve through working together.

Please fill in the answers using as much detail as possible so that I’m able to use the information to specifically tailor your training & diet plans to fit as closely to your lifestyle as I possibly can in order to give you the best results possible!

If you have any questions at all please don’t hesitate to get in touch!

**PLEASE EMAIL BACK TO** **NATBAR84@HOTMAIL.COM** **ONCE COMPLETE**

**Age:**

**Height:**

**Current Weight** (taken first thing in the morning on an empty stomach)

**Proposed Training Frequency** (per week) and Time (a.m. or p.m.)

**Training History** (brief outline of what training you've done in the past) & your current training regime, if any)

**Current Supplementation** (details of any supplements you’re currently taking or have taken regularly in the past

**Current Diet/Dietary Habits** (a typical day’s food/drink diary during a weekday & weekend day if they differ)

**Any Food Allergies/Dislikes?**

**How Is Your Digestion Generally?** (Regularity, bloating, healthy normal movements)

**How Is Your Sleep Generally?** (Duration, quality)

**Any re-existing injuries or medical conditions that may affect your ability to exercise?**

**Any planned events/trips taking place during the duration of the coaching period?**

**Goal!** (Describe what you're aiming to achieve from your training)