

## Welcome

We are honored to have you.

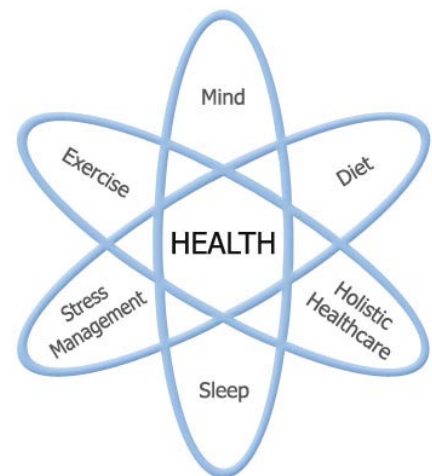
### Our mission at Health and Wholeness is:

To understand and address the whole person by providing powerful, compelling knowledge together with the synergy of outstanding wellness services, professional accountability, and lifestyle coaching.

If you're considering entrusting us with your time, money, and effort, we want to be the best stewards of your resources we can be. To do so we begin by trying to develop a thorough understanding of you, your goals, your tendencies, the knowledge you bring to the table, and how much time you can put into your health. So, please take some time to thoughtfully fill out the attached questionnaires.

### Synergy

We know there are many factors involved in achieving the health you want. You can exercise yourself into the ground and see little change if you do not understand that having vibrant health is about synergy. The drawing to the left is a visual we created to help our clients understand from the beginning that changing your body is about doing a lot of little things right everyday.



### The Two Sides of the “Changing Your Body” Coin

#### “Heads”

The way you eat and the lifestyle choices you make will be the biggest determinate of the success you will have with personal training (exercise). We see it often in moments of honest reflection, when clients results are taking longer than they would like, that they realize they have (often unconsciously) used the fact that they are training with us to justify being *less* disciplined with food or other important lifestyle choices...thinking that because they exercise it's OK to “eat this food, drink this drink”, or sleep a little less, etc. In retrospect, they “kick themselves” for not getting the most out of their training when they come to understand that they actually *do* need to expand their knowledge and/or be more disciplined with, for example, what they eat.

#### “Tails”

Realistically, (especially if you busy and/or are someone on a tight budget) there are only so many changes you can reasonably implement/afford at once. Often it is personal training that begins the process of changing one's life and from that other lifestyle modifications follow naturally in their own time (sometimes quickly, sometimes slowly). Trying to get you to change too many things at once can be overwhelming and frustrating. Because we are in this to get you results we want to do the best we can to help you learn as few things as necessary “the hard way”. Still, we know that *you* have to initiate the changes you need, and that they can only be done at *your* pace. So, to set you up for success as best we can, we ask for your help in knowing how best to begin developing a program that will be sustainable and meet you where you are.

## Personal Information

Name \_\_\_\_\_ Date \_\_\_\_\_  
Phone Number \_\_\_\_\_ Email \_\_\_\_\_  
Address \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_  
Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

### Tell us about...

1. Your goals (What brought you to us?)
  
2. Do any of your goals have a timeframe to go with your goals?

### Help Us Know How to Serve You

Which services are you most interested in?

#### Food

- Nutrition Consultation
- FREE - Three-Phase Diet Plan– From unhealthy to extraordinarily healthy
- Grocery Store/Farmer's Market Tour
- Cleanse Program
- Supplement Guidance
- Personal Chef Service

#### Exercise

- Personal Training
- Boot Camps
- Pilates

#### Other

- Muscle Activation Techniques
- Ionic Foot Soak
- Infrared Sauna
- Body Bugg: Sleep, Activity and Calorie Management System
- Food Sensitivity Testing
- Company Wellness Program
- Education Classes

# Exercise Questionnaire

## Occupation and Lifestyle

1. What is your current occupation? \_\_\_\_\_
2. Does your occupation require extended periods of sitting? \_\_\_\_\_
3. Does your occupation require repetitive movements? \_\_\_\_\_
4. Does your occupation require you to wear shoes with a heel? \_\_\_\_\_

## Exercise Experience

1. Did you (or do you currently) dance or play any sports?
2. Did you (or do you currently) participate in any active recreational activities?
3. Have you ever done consistent resistance training?
4. Have you ever been on a consistent cardiovascular program?
5. Have you ever worked with a Personal Trainer before?
6. If yes, is there anything you liked or didn't like about your experience with your trainer?
7. Have you ever had the FITTE Principle explained to you?

## Physical Activities Readiness

1. Have you been diagnosed with any medical condition that we should be aware of (heart condition, diabetes, cancer, auto-immune disorder, arthritis, etc.)? If yes, please explain.
2. Do you have any joints that bother you or have bothered you in the past (neck, back, shoulders, elbows, wrists, hands, hips, knees, ankles, feet)?
3. Tell us about any accidents, strains, sprains, broken bones, or surgeries you have had, no matter how old you were or how insignificant you might think it was/is.
4. Are you taking any medications? If yes, please list.
5. If you are taking medications has your doctor gone over the nutrient depletions caused by your medications?
6. Who/what has been (or is) most influential in your understanding of exercise (e.g. Fitness magazine, military, TV, a past coach, etc)?

## Behavioral/Discipline/Self-Motivation Questionnaire

This section is designed to give you (and us) a realistic look at what it might take to reach your goals. We have worked with people with who have given just about every answer imaginable to the questions below...so, be as honest as you can.

1. How stressful would you say your life and work are?
2. Tell us about how well you sleep.
3. The first step in setting realistic goals is figuring out how much time you have to put into your health. So, how much time do you have to put into your health daily/weekly?
4. Aggressive (short timeframe) weight loss goals—more than 1 pound/week—typically require exercise 5-6 days/week (and some dietary stick-to-itiveness), *and possibly more than one workout a day*. If you knew an aggressive time commitment is what it would take, how realistic is it that you would put that much time into exercise?
5. As best as you can tell, are you someone who is disciplined enough to do your trainer-prescribed exercise on your own?
6. Is exercise a “necessary evil” or something you could/do get excited about?
7. If you knew it was a necessary step to change your body, how serious are you about stopping a counterproductive behavior like consumption of alcohol, gum, diet soda, sweets, or staying up late?
8. How much do you believe in your ability to change your body and your life?
9. How determined are you? Are you the kind of person who will keep pursuing an answer (i.e. improvement in your body) even if it takes longer than you expected it would take to find it?
10. Realistically, are you someone who will read books if we ask you to?
11. Are there any people in your life who inspire you to good health, a lot of bad examples of health among the people you interact with regularly, or both?
12. Do you see any of the following as roadblocks to you having success changing your body and your health?
  - a. \_\_\_\_ Time
  - b. \_\_\_\_ Money
  - c. \_\_\_\_ Crabs (people who tend to bring you down with them)
  - d. \_\_\_\_ Knowledge
  - e. \_\_\_\_ Accountability/Determination
13. Is there anything else you would like us to know about your situation and/or the way you are wired?