1. What’s one thing that you’d like me to start doing?

2. What’s one thing that you’d like me to stop doing?

3. What’s one thing that you’d like me to keep doing?

4. In 3 sentences or less, can you describe any reservations that you had before we started working together?

5. In 3 sentences or less, can you explain how I was able to help you with your reservations?

6. Can you describe your 1-2 top goals when you started?

1.

2.

7. In point form, can you list your achievements with training thus far?

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8. Is there anything else at all that you’d like to add?

Top of Form

I give permission to YOUR NAME to use this information for any promotional efforts in the future. (please check)



Bottom of Form

Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_