



What is your name?

How much do you weigh?

What are your measurements?

How old are you?

What is your goal? Lose weight? Tighten up? Both?

How much weight do you want to lose?

How long have you been trying to lose weight (tighten up)?

What have you been doing to lose weight (tighten up)?

How long have you been doing (whatever it is)?

Do you feel it is difficult for you to lose weight (tighten up)?

Do you prefer to work out at home or in a gym?

Do you like to work out alone or with friends?

Do you feel that using videos might be a good way to accomplish your workout?

Do you prefer to work out in the mornings or the evenings?

Do you prefer resistance training, cardio, calisthenics, yoga, some or all of these?

Do you incorporate a diet with working out?

Once you reach your goal is it likely that you will continue with a maintenance program?