

1. Your Full Name
2. Your best email address
3. Contact Number
4. What are your fitness goals?
5. What is your number one concern about this fitness program?
6. On a scale of 1-10 how fit are you? 10 being fittest!
7. Do you have a gym membership?
8. Why haven't you achieved your previous goals?
9. Do you have any physical limitations?
10. How would your life be different with success in this program?
11. Would you prefer a male or female?
12. Anything else about you, we should know?



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fitlabsllc2022@gmail.com