



What you need to get started. A one-time payment of \$500 is required to begin your coaching. This payment should be made directly through the website Coaching page <http://www.actionwrX.com/virtual-fitness-coaching>. Also,

please submit the Credit Card Authorization form for the recurring monthly payment and answers to the below information to nichole@actionwrX.com. This must be done before your coaching will begin.

- Why are you seeking coaching? (lose weight, gain muscle, increase energy, improve balance, etc...)
- Your Vital Stats: age, height, weight AND occupation
- Family Status (single, married, children, etc...)
- Detailed report of what you've eaten for the last 3 days. Include beverages such as alcohol.
- Current Exercise Program and how long you've been doing it.
- How many days per week can you "realistically" workout and for how long each training session?
- Do you have a gym membership or home equipment? Please list home equipment if applicable.
- Do you have any challenges with food? (do you overeat, under-eat?)
- List of medical conditions, medications, supplements and injuries (past and present)
- Additional lifestyle stressors.
- PICTURES - please send me pictures of yourself from the side, front and back.

