

CLIENT:

DATE:



1. What is your “why”? (*why do you care about starting this adventure together?*)
2. Write down three good feelings you COULD take away from fitness or nutrition IF you allowed yourself to forget about weighing-in or measurements?
(*examples: feeling stronger, more energy, sleeping better, elevated mood*).
3. When have you seen results, what helped you stay motivated?
4. Do you need to see results quickly in order to stay motivated?
5. Do you expect perfection out of everything you do? How do you feel about “good enough”?
6. How many hats do you wear in a day? Write down all of your responsibilities.
7. When you look back through phases of life, has there been a drastic change in your eating habits or movement?
8. Do you currently feel hopeless in being able to make (*drastic enough*) changes in food or fitness that it will even make a difference?

POWER | *house*
Empower your Direction