

Client Intake Form : Get Fit. Go Figure! LLC

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PNBA 2x Pro

GetFitGoFigure.com
FB: Get Fit. Go Figure
IG: GetFitGoFigure
GetFitGoFigure@gmail.com
Schedule an appointment:
<https://getfitgofigure.as.me/>

Name:

Phone:

City & State:

E-mail address:

If not listed above, do you have a gmail account? I use google shared spread sheet for programming and you will need one to sign into the sheets app.

Facebook:

Instagram:

1. Current stats:

- a. Gender:
- b. Age:
- c. Date of birth:
- d. Height :
- e. weight :
- f. approximate body fat percentage (if you know):

2. What are your fitness goals?

2A: Why do you want to achieve these goals? The WHY is very important and will be a part of your motivation!

3. What is your daily calorie intake or macro's? If you are unsure, list a typical days food here include ALL food, drink and snacks. To get a more accurate depiction, track your food for 3-7 days in an app like Myfitnesspal, Sparkpeople or Lose it.

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a. Are you losing weight on these calories, maintaining or gaining?

4. Please list all supplements.

5. Please explain any dieting you have done in the past year or more. Include periods of on and off dieting and what types and any weight plateaus (no weight loss for 3+ weeks).

6. List or explain your athletic history & types of weight training you have done and for how many years?

7. How many times or hours per week do you strength train? What muscle groups on what days?

8. How many times or hours per week do you do cardio? What types of cardio do you do (steady state or HIIT)?

9. Depending on the answer above, this may be irrelevant but, how many days per week can you feasibly commit to strength training and cardio?

10. Any injuries that need to be taken into consideration?

11. How many hours of sleep do you get on average?

12. How would you rate your sleep quality on a scale of 1-10 (10 being amazing!)

13. Have you ever had your hormones tested?

Please include a couple of current photos- front and back either, posed or relaxed, preferably women in tight shorts and a sports bra/competition suit/bikini and men in show trunks/ boxer briefs or shorts with

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the legs pulled up.

Applications without photos will not be considered.

Signature Page

Email this entire signature page to: GetFitGoFigure@gmail.com

It can be scanned or a picture taken of it and sent electronically by email. I look forward to the opportunity of working with you.

On-line coaching program:

Competitive clients: you will receive a macro breakdown per meal / day and times of days to eat them. You are responsible for filling in the foods you will eat. I will send you a meal plan example with foods and measurements to give you an idea of how to do this.

If you are looking at serious results for competitions: tracking food, body weight, measurements and pictures are important for me (especially from a distance) to know how things are going so I can make changes accordingly. If you are not willing to do so, I cannot effectively keep your program in the correct balance to meet those goals.

Non-competitive / lifestyle clients: program types will vary based on your goals and lifestyle!

Online clients, competitive and lifestyle, are expected to check in weekly by email, by Monday (unless we discuss another day) making sure your tracking sheet is updated with bodyweight and measurements in google shared spreadsheets. Weekly pictures are sent via email on by Monday.

Emails are answered within 24 hours Mon-Fri. Check-ins are Mondays. If needed, also Thursday.

There are no refunds once the initial 12 weeks have been paid for and the plan has been sent via email. Online coaching must be terminated in writing. Weeks that you neglect to check in are still charged accordingly.

You will receive your plan within 2-3 business days of me receiving payment. All information must be received by me: this document, signed signature page, pictures, and funds.

Payments can be made by venmo (HeatherOwen16, last four digits of phone: 3143), squareup.com invoice or cash. Any refunds after that are prorated.

In person sessions including full programing:

In person sessions committed to 1 hour or more per week include nutrition, supplements and a lifting program. A package of a minimum of 4 sessions or more must be purchased and scheduled, of which \$250 are non refundable once the full plan has been sent. The full plan will be on google shared spreadsheets.

Virtual and in – person sessions:

Any discounted packages cancelled before fully serviced are prorated at full price before refund.

Payment must be made in advance of sessions.

Cancellation of Individual Sessions: **Twenty-four (24) hour cancellation notice, by phone text or call (651-724-3143 or email to GetFitGoFigure@gmail.com)**, is required for rescheduling or cancelling any and all individual Sessions. Any and all cancellations with less than twenty-four (24) hours notice will result in forfeiture of the session without refund.

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I _____, certify that the information provided regarding my health is true. I understand that by undertaking a program comprised of cardiovascular and resistance training there are certain inherent risks involved and hereby acknowledge that I am willing to undertake those risks in order to improve my current level of health and fitness. I understand that Get Fit. Go Figure! LLC is not a doctor or registered dietician and I waive liability and responsibility of my nutrition and workout programming from Get Fit. Go Figure! LLC.

Disclaimer: Please recognize the fact that it is your responsibility to work directly with your physician before, during and after seeking fitness consultation. As such, any information provided is not to be followed without prior approval of your physician. If you choose to use this information without the prior consent of your physician, you are agreeing to accept full responsibility for your decision. Please see a physician prior to starting a program with Get Fit. Go Figure! LLC

Cancellation and Refund of Sessions: any virtual / in person sessions or online coaching weeks (after the first 12 weeks) not serviced are eligible for a refund.. If you bought sessions or online coaching weeks at a discounted rate as part of a package, the serviced sessions or weeks will be counted at full cost and the rest of the difference of the money will be refunded at that prorated rate. Online coaching must be terminated in writing.

By signing below, you are agreeing to the above as well as the charges agreed upon. Costs are listed at this link: <https://bit.ly/36VVCft>

Services you are agreeing to pay for: (circle one)

- Off season / general fitness diet coaching
- Contest prep diet coaching
- Online strength training programming
- In Person sessions (Personal training, nutrition, posing or any other type of consultation)

Notice: The information contained in this message is intended only for use of the individual(s) named above and may contain confidential, proprietary or legally privileged information. No confidentiality or privilege is waived. If you are not the intended recipient of this message you are hereby notified that you must not use, disseminate, copy it in any form or take any action in reliance of it. If you have received this message in error please delete it and any copies of it and notify the sender. Information and products are custom tailored for individual use only and it not to be made available to third parties without the written consent of Get Fit. Go Figure! LLC. Get Fit. Go Figure! LLC has the right to cease all consulting with no money being reimbursed either in whole or in part and all future consulting terminated if any information either in full or in part were to be passed on.

Signature: _____

Printed Name _____

Date _____