Ask yourself the right questions that will lead to the results you desire.

honest answers will produce the best results.

1. What motivates me to pursue fitness training at this time? Be specific.
2. What hurdles have I faced in the past that have derailed my efforts and motivation to continue? *Self-doubt? Depression? Laziness? Loss of focus due to life changes?*
3. What are my greatest challenges in making/maintaining fitness a part of my lifestyle?

Be thorough.

1. How can I, as your fitness coach, hold you accountable to achieve your optimal fitness goals?
2. What are some of the typical excuses I use to justify not exercising? *Personally I can come up with about 20 so please be candid here. lol*

*\*Make a copy for yourself before sharing with me.\**