Are You Ready?

Please complete this form ***BEFORE*** we meet & bring to first appointment, to help me better design a program for you.

- How many hours/day & days/week can you reasonably dedicate for exercise?
- Do you have a support system? Friends, family, coworkers to help you with your goals? **Y or N.** HOW will they help?
- Do you also know that you do not have to be sore to get an effective work out? **Y or N**
    - (Hard to avoid soreness at the beginning or after a change in your program. Your body uses muscles it hasn't for a while or it's a totally different type of exercise than you're used to. Marathon runners get winded and sore after a circuit style workout and are always surprised. It's normal.)
- Circle ALL the things you want.
    - More energy, feel better, prevent or improve diabetes, lower risk of heart diseases, look better, more confidence, lower blood pressure, lower cholesterol, better posture, flexibility, basic nutrition advice, sleep better, feel less depressed.
- Do you know of any exercises you have done in the past that you hated doing and would/did keep you from working out?
- Have you had a trainer before? List at least 2 positives and negatives you got from it.
- Are you willing to communicate with your trainer when you don't like something or need a change? Also when you love something!
    - **Y or N** (This is VERY important, as everyone is different! I can't read your mind so if something is not working for you please let me know. If you would like a different style of workout, please inform me so I can adjust to your current needs.)
- List 3 long-term goals in order of priority (Ex. I want to lose 20+ pounds or I want to do a triathlon. **Include dates.)**

NOTE: * Goals must be set with-in the first 2 sessions. The more you think about it here the less time we will have to use during the session to get these listed. Goals are what drive success.

1. 2. 3.

- List 3 short-term goals in order of priority (Ex. I want to be able to do 10 push-ups in a month, or I want a work out I can do 3x/ week which focus on legs. **Include dates to achieve.**) *

1. 2. 3.

- If you like your session today, are you willing to commit to a plan of meeting 2x/week for 1 month (min. for beginners). **Y or N. If no, why?**

Read and initial below to show that you have read and agree to the terms.

- Sessions are 30 min. or 50 min. and require 24 hr. notice for cancelation directly to my cell phone or session is forfeited. 608-492-1886. All purchased sessions expires in 90 days. If you have planned events that will not allow us to meet I will extend the expiration date if we agree BEFORE purchase. **Initial _____**
- A down payment of 1 session is required TODAY to reserve your next time slot. This payment will be held until your last appointment or until it is used for late cancellation. A new down payment will be required when used. Please pay the front desk. **Initial _____**
- Please schedule all appointments online at madisonbodyfitness.com "Book Now" link, top right of site. I look forward to working with you! - **Erika Goldschen 608-492-1886.**