

**We Want to Know MORE About You!!!** Please use backside of paper if you need more space

1. Name: \_\_\_\_\_
2. **How do you prefer for us to contact you?**  
\_\_\_\_ Call me    \_\_\_\_ Text me    \_\_\_\_ I don't care
3. **How frequently would you like to receive calls/texts from us?**  
\_\_\_\_ At least once/week (I like the motivation)  
\_\_\_\_ Sometimes (to keep me honest)  
\_\_\_\_ Don't need it (I stay motivated on my own); *although we will call you if your attendance drops too low*
4. Who is your employer? \_\_\_\_\_ What is your occupation? \_\_\_\_\_
5. What is your ideal boot camp time/day (if we were open 24/7)? \_\_\_\_\_
6. Do you use Facebook? \_\_\_\_\_ Have/will you "liked" our page? \_\_\_\_\_
7. What other social media do you use that you would ideally like to see us on at some point?  
\_\_\_\_\_
8. How would you rate your current fitness level on a scale of 1 to 10 where 1 is a couch potato and 10 is hitting the gym every day and being intentional about fueling your body?  

1      2      3      4      5      6      7      8      9      10
9. Please provide explanation of your response to #8: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What are your fitness objectives in 2014 (e.g., lose weight, tone up, make healthier choices, stay fit, improve strength, improve running times, run a 5k, improve brain productivity, reduce stress, etc.)?  
\_\_\_\_\_  
\_\_\_\_\_
11. If you have specific goals in mind to achieve your objective, please share (e.g., lose 20 pounds, decrease body fat % to 25%, run a 5k in under 30 minutes, etc.). If you would like help developing your goals, please note here.  
\_\_\_\_\_  
\_\_\_\_\_
12. What are your favorite restaurants (this IS NOT a trick question)?  
\_\_\_\_\_
13. Please share other "likes" that you have that you might like to win in one of our giveaways (e.g., movies, favorite stores, spa treatments, etc.) or just generally what your hobbies, activities, interests are  
\_\_\_\_\_  
\_\_\_\_\_
14. What is a favorite inspirational quote?  
\_\_\_\_\_  
\_\_\_\_\_