

Training Consultation & Strategy Session



Name:	Age:	Height:	Weight:
<p>1. Goals: "Imagine you decide to work with us, and we're having this conversation 12 months from now. Looking back over the year, what must happen for you to be happy and excited with your results?"</p>	<p>2. Current Condition: "What is life currently like for you?"</p> <p>Sleep?</p> <p>Daily Hours Seated?</p> <p>Activity Level?</p> <p>Stress level?</p> <p>"Is there anything else?"</p>		
<p>3. Motivation: "What about making a change is important to you right now?"</p> <p>"That's great. If I understand correctly, you want to make this change because _____"</p>	<p>4. Awareness: "For you to reach your goals, specifically what habits do you have now that need to be changed?"</p> <p>What do you need to start doing?</p> <p>Where do you need the most help?"</p>		
<p>5. History: "How long have you been thinking about making a change?" (specific time frame)</p> <p>"How much longer are you willing to wait before you make those changes?"</p> <p>"If I can show you a clear path to your goals, is there anything holding you back from getting started today?"</p>	<p>6. Assessment:</p> <p>Squat:</p> <p>Push Up:</p> <p>Hip Hinge:</p> <p>Row:</p> <p>Core Stability:</p> <p>Work Capacity:</p>		
<p>7. Rx: "Based upon what you've shared, my recommendation is":</p> <p>Training Type:</p> <p>Frequency:</p> <p>Duration:</p> <p>Nutrition:</p> <p>Lifestyle Adjustments:</p> <p>"Sound good?" (Get verbal agreement)</p>	<p>8. Confirm</p> <p>Rx 2-3 Options</p> <p>"Which do you think fits you best?"</p> <p>"That's a smart choice and believe me, if you do even half as well as the rest of our clients you're going to be very impressed with your results."</p>		