CONSULT QUESTIONNAIRE

YOU... WE...



TAKE A WELL-ROUNDED APPROACH TO FITNESS, NUTRITION, HEALTH AND HEALING



ALWAYS
CUSTOMIZE
OUR OFFERINGS TO
MEET YOUR
NEEDS

HAVE AN UNQUENCHABLE THIRST FOR MORE ANSWERS

HAVE SOME ANSWERS AND ARE RELENTLESS IN OUR DESIRE TO KNOW MORE

RISE TO THE OCCASION WHEN PRESENTED WITH MEANINGFUL CHALLENGES

WILL BE THERE
FOR YOU
THROUGH THE
HIGHS AND
LOWS

KNOW YOU CAN ALWAYS **BECOME** More, and You're tired of excuses ARE COMFORTABLE
WITH MAKING YOU
UNCOMFORTABLESAID WITH A SMILE
AND A FRIENDLY
NUDGE

BELIEVE
HEALTH DOESN'T
HAVE TO BE SUCH A
SERIOUS TOPIC

BELIEVE FUN IS FUNDAMENTAL

BELIEVE YOUR BODY IS CAPABLE OF SO MUCH MORE BELIEVE WE CAN
HELP YOU
UNLOCK AND LIVE
OUT YOUR
POTENTIAL

THRIVE WHEN YOU HAVE A PLAN

LOVE STRATEGY, SIMPLIFICATION, AND MASTER PLANNING

ARE READY For Change

ARE READY TO BRING IT!



Would you like to lose weight, recover from injury, reduce/eliminate pain, accomplish a strength/performance goal, improve your digestion, improve your dietary habits, establish a healthy lifestyle, or something else?

LET'S DO IT!

Use the questions on the next page to help us craft a plan specifically for you!



TRUE-HW.COM - (571) 421-2774 - INFO@TRUE-HW.COM FITNESS - FOOD - WELLNESS - EDUCATION



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Name:		Date:	
Phone:	Date of Birth:	Date: email:	
I. Welcome! Please tell us	about your health journey to this	point. injuries, surgeries, health conditions, and	
2. What brought you here	today? Consider including your to	op 2-3 goals in your response.	
3. What do you perceive to	be the biggest challenge you are	e facing right now?	
4. Count the cost: What pe associations with) in ord	· · ·	might you need to disassociate from	(or limit your
	on willpower, help us find your "v t, if you accomplish your top 2-3 g	why power." Why do you want to acco loals, what will it do for your life?	omplish these goals?
5. On a scale of 1-10 how s	trong to do you feel your "why po	ower" is to empower you to make tho	se changes?





CONSULT QUESTIONNAIRE

7. Is there anything in particular that frustrates you about working with	ith our industry	?
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8. What (if anything	ı) is vour	biggest	emotional	fear in	making a	purchase	with us
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9. What is the one thing, if we could guarantee, you would pay a premium?

10. What questions do you have for us?

11. Using the calendar below, when are your major time block commitments that we need to plan your goals around? Please shade in the boxes with your major commitments, and provide notes to the side.

Time Chart							
5:00 AM	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
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10:00 PM							
11:00 PM							

THANK YOU! WE LOOK FORWARD TO WORKING WITH YOU!



