**In-Person Training Application**

**Directions: Please complete and email to** [**jaime@chasestrength.com**](mailto:jaime@chasestrength.com)

First and Last Name:

Birthday:

1. Summarize your main fitness goal and your secondary fitness goal.
2. Have you been successful in achieving either of these goals?
3. If you were successful, when and why?
4. If you were not successful, why not?
5. How will attaining your goals impact your life?
6. How many days per week are you willing to commit to reaching your fitness goals?
7. What days of week and times of day are you available to train?
8. Are you currently training?
9. Do you have any injuries or medical conditions that could affect your ability to exercise?
10. What causes you the most stress in your life?
11. Have you seen a dietician or nutritionist?
12. How would you describe your eating habits?
13. How did you find Chase Strength?