



Name: _____ Date: _____

Initial Goals Form

- 1.) Why are you joining Mountain Girl Fitness?
- 2.) Please describe your current fitness and activity level?
- 3.) What is your short term fitness goal (after 1 month)?
- 4.) What is your long term fitness goal (after 6 months)?
- 5.) Prioritize what is most important to you (rate 1-8):
 - weight loss
 - body fat % decrease
 - endurance
 - flexibility
 - improved self-confidence and body image
 - strength
 - nutrition
 - meeting new workout buddies
- 6.) Do you have a favorite exercise (plyometrics, kickboxing, yoga, aerobics, etc)?
- 5.) How will you gauge your success with our boot camp?
- 6.) Are you interested in learning more about nutrition?
- 7.) Is there anything you would specifically like to learn about during boot camp?