

- Cool, so first off why did you enter your details in the form, what do you want to achieve and why do you need this?

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- Where's your training at the moment?

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- Ok, awesome bud. Let's talk about nutrition...where's your's at right now?

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- Do you eat out or have take-away? How many times a week? (*Work out \$ spent per week*)

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- Tell me 3 things that are a 100% must for you and your physique? 3 things that need to change right now?

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- And how long have you being thinking about this for, taking things to the next level?

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- Have you tried to do something about this in the past like joined a gym or like hired a PT or program etc? Did you get results with it? Did you keep the results? Did they guarantee results? (*Work out \$ spent per week*)

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- Have you told people close to you about this change that you want to make happen, like a partner or family? Do they support you?

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- This might sound like a simple question, but I want to ask what are you willing to do to make your goal become real. How committed are you?

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- What do you think the gap is between right now and getting it to that targeted result? Is it nutrition knowledge, training education, accountability or a combination? (*Elaborate*)

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