



FIT *with* EMOKE

## Online coaching interest form

Booking free consultation

\* Required

Email address \*

Name: \*

Gender

- Female
- Male
- Prefer not to say

Age

- 18-30
- 30-40
- 40-50
- 50-60
- 60+

Height

Weight



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What is your reason for training? (long term goals)

- Lose body fat
- Develop muscle tone
- Rehabilitate an injury
- Nutrition
- Start an exercise program
- Design a more advanced program
- Fun, motivation
- Get rid of pain
- Other:

Can you briefly describe your specific, short-term goals (with the next 12 weeks)?

Do you have any specific injuries you are dealing with? If so please detail below:

Have you been training consistently in the last 3 months

- Yes
- No

If you answered `NO` what are the reasons

- Lack of time
- Illness or injury
- Lack of interest
- Other:



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How could you rate your current level of fitness 1= worst 10 =best

1 2 3 4 5 6 7 8 9 10

What priority does health have in your life?

- Low
- Medium
- High

What is the most convenient time to schedule the free consultation?  
Please give more option.