

9. What has prevented you from achieving your goals in the past? Choose all that apply?
 Health Issues Too Busy Bad Feet, Ankles, Knees, Hips or Low Back
 Exercise Not Fun Plan Did Not Fit My Lifestyle Too Expensive
 Couldn't Do It Alone Lost Interest Poor Results

10. How would you describe your ideal Certified Health Coach? Choose all that apply.
 High-Energy Supportive Available Gives Me Tough Love
 Cool, Calm and Collected Wants Me To Succeed Sense of Humor
 Strictly Business Always Positive Analytical/Results Driven
 Drill sergeant Keeps Me Out of Trouble Monitors My Results

11. What level of intensity do you want from your coach?
 Supportive Firm, Never Intense Intense Extremely Intense
 All of the Above Depending on the Situation

12. My Ideal Fitness, Strength & Body Type Is?
 Bruce Lee Arnold Schwarzenegger Not Sure

*This information will be kept private as per HIPPA Federal Law

After Completing, Hand Back to Dr Shav or Email to drsha@foothelpers.com or Message to 8455363338

