



Dr Shav's Certified Health Coach Questionnaire – SNAP Fitness Tampa

About Certified Health Coaching with Dr Shav

Certified Health Coaching is more than an app or just a personal trainer or coach – it's adding the most technologically advanced, stress relieving personalized health and fitness partner for living life with increased fun and enjoyment. It's a revolutionary user experience integrated with limitless Personal, Text, Facetime and Zoom communication with a seasoned professional whose mission is to makeover your functional life to fit your tastes and availability while reducing stress, injury and performance issues. I will craft a flexible, personalized plan that starts with 12 questions for you to answer that provide the foundation for us to work together that can then be coached, adjusted and monitored to your changing needs and desires together.*

Client Name:		
	Last Name	First Name
Cell ()	Email Address	
1. How old are yo () 19 or Less	ou? () 20s () 30s () 40s () :	50s () 60 () 70s () Older
	you work out last week? () 2 to 3 Days () 4 to 5 Days (_) 6 to 7 Days
	e do you have to work out each week? () 2 to 3 Days () 4 to 5 Days (_) 6 to 7 Days
() İnjury Prev	ny unique needs or interests that you want ention/Care () Weight loss () No ormance () Yoga () Balance & I	utrition () Running
() Gym (typically exercise? Choose all that apply. _) Home () Fitness Studio () C) With a Professional	Outdoors () Sports () Alone
() Feel Strong () Rehab An	two top fitness goals? ger () Be Active Again () Lose Injury () Tone () Sweat and Ha ports Performance () Be More Comp	ave Fun () Be More Social
	were you in ideal shape? 1 to 6 Months () 6 to 12 Months ()) 1 to 2 Years () 2+ Years
() Improve He	vo main motivations for being active? ealth () Feel more energized () I tness () Improve Performance ()	
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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

