

WELLNESS PROFILE



Name:

1. Do you have any goals at the moment?

Weight Loss

Body Fat

Increase Energy

Improve Sports Performance

2. Why do you want to achieve it?

3. Is there anything you would like to improve upon after seeing those results?

Body Fat %

Muscle Mass

Visceral Fat

Metabolic Age

4. What do you have coming up in the next 3 months?

5. On a scale of 1 - 10 how serious are you?

1 2 3 4 5 6 7 8 9 10

6. How much do you spend a day / week on food & drink?

Weekly Food Shop:

Take Aways:

Socialising:

Alcohol:

Total:

Daily Average:

7. Can you think of 3 -5 people you care about to nominate who you would like to improve their health?

Offer PCX Membership

1.

2.

3.

4.

5.

8. Book Review

14 DAY FOLLOW UP

Plan Ordered:

Follow Up Date:

Once you see results, would you be happy to ask them if they would be interested in a free client profile?

