

## Competitor information sheet:

The following questionnaire will help Jill provide you with the most appropriate customized program. Please be sure to complete all fields. All of your responses should be emailed directly to Jill. After you submit the questionnaire, be sure to read the instructions on the intro sheet and coaching fees. Please note that your diet plan will be sent to you within 2 to 4 weeks.

Desired show to compete in: \_\_\_\_\_

Date of show (if unsure leave blank) \_\_\_\_\_

Name \_\_\_\_\_

Email address \_\_\_\_\_

Cell Phone number \_\_\_\_\_

Age \_\_\_\_\_ Height (e.g. 5'4) \_\_\_\_\_

Address \_\_\_\_\_

City State Zip Code \_\_\_\_\_

How much cardio do you do each day? (in minutes. 0 for none) \_\_\_\_\_

What type of cardio?

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Do you have any injuries? if yes explain.

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Provide a 3-day journal of food intake.

how much water do you drink daily (list in ounces) attach on a separate sheet or put in body of the email

When do you get up, go to bed, and train?

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List any medical ailments and medications.

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List all supplements you take.

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Have you competed before?

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