



GOALS

You found Body by Cathy for a reason. What is it? What do you hope to accomplish? This form will help you answer those questions and help us map your personalised Get Fit programme.

What prompted you to search for Body by Cathy? Was it a specific event? Was it advice from your GP? Was it a suggestion from a friend? Be specific.

How do you feel right now, completing this form, taking your first step toward getting fit? Excited? Scared? Empowered?

What do you hope to accomplish? Lose weight? Get lean? Perform better? Look younger? Feel more energetic? Treat disease? Other?

What does success look like (i.e. how will you know when you've reached it)? Is it a number on the scale, a dress size, faster running speed, more energy, better sleep, lower cholesterol? Whatever it is, be specific (even if it's something you think is unrealistic).

How much time are you able to commit to reaching your goals?

What are your passions? You might wonder how your answer to this question relates to your fitness goals, but who you are, what you do and what excites you directly influence your fitness goals. Besides, we want to get to know you better.