Maximum Health and Nutrition Application Form

Achieving Your Goals is One Step Closer

# Introduction

Hi and welcome to Maximum Health and Nutrition!

Thank you for taking the time to view this form and committing one step closer to your health and nutrition goals! I’d like to personally congratulate you on having a steady mindset and wanting to start your health journey here. Below I’ll ask some questions about your health as well as some things to get to know you better to help the coaching process.

# My Solution

The process begins with assessing your health and diet in a 30 minute 1-on-1 meeting over the phone, online, or in-person. Then after we talk about your goals and how to achieve them, I will create a personalized nutrition and/or exercise plan for you to follow. If you would like to go further and enjoy the process, together we will set a time to have these 1-on-1 meetings weekly or bimonthly to track progress. Remember, I cannot help you if you are not being truthful about progress. Accountability services are also available if needed such as an: exercise log, food log, sleep log, fitness tracking apps, workout day texts, or custom services (how you prefer to be held accountable).

Over the next few months, I will help you manage muscular pain, balance your meals, and meet your nutrition and health goals. We will also go over diet and nutrient intake as well as exercise level and overall health. I will then create an individualized plan that is evidence-based and holistic for you to follow.

Plans and Benefits

Beginner Plan - $25 one time

* Health History Assessment
* Diet Review
* Assigning Goals
* Motivational Interviewing
* 30 minute 1-on-1 meeting in-person, online, or over the phone

Action Plan - $80/month

* Everything in the Beginner Plan Plus:
* Follow-up Assessments
* Specialized Diet and Activity Plan
* Nutritional Coaching
* Two 45 minute 1-on-1 meetings monthly in person, online, or over the phone

Health Coachee Plan - $150/month

* Health Coaching
* Life Coaching
* Meditation/Mindfulness Coaching
* Personal Training
* Specialized Diet and Activity Plan
* Health Tips as Often as a Daily Message
* Workout Reminders
* Weekly 1-on-1 Meetings
* Accountability Services
* Unlimited Email Support
* and Happiness with Your Body and Your Health!

# Please Take the Time to Fill Out the Form Below

Preliminary Information

Name

Gender

Age

Email

Phone Number

Height ft in

Weight lbs.

Plan of Choice

Getting to Know You:

What is your favorite food, sports team, and TV show?

What are your top 3 movies?

What is your favorite hobby?

What is your favorite music artist/band?

Health and Fitness Information:

Previous Injuries/Surgeries/Health Concerns:

Do you have any current areas of pain?

How many days per week can you exercise?

Do you have any previous exercise experience?

Describe your current fitness and health goals in detail.

Regarding achieving your goal, what do you feel you need the most help with?

Power Questions

Why do you want to achieve your goal?

Can you commit to achieving your goal?

What are the top 3 priorities currently in your life?

How important is your health to you on a scale of 1-10?

What other things have you tried to meet your health goals?

What are barriers keeping you from achieving your goal?

Qualifying Questions

Do you want my help in achieving your fitness and health goals?

Are you willing to invest up to $150 to actualize your goals and get results?

Would you like me to call you in response to this form or email you?

I’m Proud of You for Getting This Far on the Journey to Achieving Your Goals!

Please Email This Completed Form to [MaxVanD25@gmail.com](mailto:MaxVanD25@Gmail.com)