

THANK YOU
FOR SHARING YOUR
HEALTHY
LIFESTYLE TIPS!



FIT FOR LIFE PROFILE

QUESTIONS? CALL JOHN ELLIOTT, (559) 260-2909
IF EXTRA SPACE IS NEEDED, USE BACK OF FORM OR ADD A PAGE

NAME _____ AGE: _____

FAMILY (SPOUSE + CHILDREN/AGES): _____

HOW LONG IN THREE RIVERS?: _____ OCCUPATION: _____

DESCRIBE YOUR FITNESS ROUTINE: _____

BEST TIME TO WORK OUT: _____

WHAT IS YOUR SECRET TO GOOD NUTRITION?: _____

HOW DO YOU STAY MOTIVATED TO MAINTAIN A HEALTHY LIFESTYLE? _____

WHAT IS YOUR FAVORITE ATHLETIC POSSESSION? _____

WHAT IS YOUR MOST MEMORABLE WORKOUT? _____

WHAT ADVICE WOULD YOU GIVE SOMEONE WHO WANTS TO BEGIN AN EXERCISE ROUTINE? _____

ADDITIONAL COMMENTS: _____