



## *Transform into a Healthier New You!*

You are an amazing gift from GOD. He has equipped you with the tools to live and lead an amazing life on this earth. Are you ready to experience the abundance of it all?

*Hey There...*

Welcome to the first day to living the Fit 2 Fab Lifestyle!!!

**Rosemary Homeister** here...I am so excited our paths have crossed! I know you are ready to make significant changes towards a healthier new you. Am I right?!?

Rumor has it you are looking for **Guidance, Support** and **Accountability** to help you unlock your weight loss code, having more energy, more clarity and well just feeling your best while living the Fit 2 Fab Lifestyle!

Can I just tell you, you are in the right place, my friend, because that's what I bring!

I am a purpose-driven momma who strives to live her best life daily through **Fitness, Nutrition and a Healthy Mindset**. I am going to take you along a path that will lead you to the outcome you desire.



**2nd most WINNING female jockey,  
in the world, of all time!**

This program will inspire, motivate and provide you with all the support and tools to fuel your mind and body with the infusion of health to live a happier, more fruitful life while balancing your time to include Living the Fit 2 Fab Lifestyle too.

*Boom Boom Pow...Let's get started!*

*My Results Driven Strategy!*



# Tell Me About Yourself

Please answer each question thoroughly. The more I know about you and your expectations the better I can tailor this program to you.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email: \_\_\_\_\_

How did you hear about this program?

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Why did you make the decision to work with me?

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Where are you in your wellness journey right now?

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What results are you looking to have in the next 12 weeks from this program?

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What are the specific goals you would like to accomplish while working with me?

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What road blocks are in your way, if any, that are blocking you from achieving your desired results? Limitations? (injuries, sickness, work, etc...)

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On a scale of 1-10, how committed are you to stick to this program?

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What are your expectations prior to starting this program?

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# Nutrition

How do you rate your nutrition level on a scale of 1-10? Why?

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What areas of nutrition do you find difficult or confusing?

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What is your vice? Something that will be hard for you to give up easily? Why?

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Do you have any type of food allergies and or have any dietary restrictions?

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Are you taking any medications that would prevent you from achieving your goals?

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Are you a vegetarian, vegan?

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What type of diets have you tried in the past that have worked? Failed?

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What nutritional plan do you feel will work best for you?

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# *Fitness*

What is your level of fitness? Beginner, Intermediate or Advanced?

How many days a week do you exercise? Do you follow a program or make one up on your own? Which program?

Why types of exercise do you like most? Cardio, Strength, Cycling, Yoga, etc...

Do you like to work out at home or in the gym? Why?

Do you stretch? How often? Where do you feel the most tension, soreness?

What is your stress level if any? How do you relieve it? Read, pray, deep breathing exercises, meditate, journal, etc...?

Is there anything else that I need to know in order to help you accomplish your goals?

What motivates you to want to workout?

What time of the day do your prefer to workout and why?

