

Dream Lining Questions

Client Name: _____

1. What is your goal?

Possible ideas:

- a. Increase strength legs
- b. Tone _____
- c. Lose _____ pounds or inches
- d. Have more energy for _____

My Goals:

- a.
- b.
- c.
- d.

2. Why is this goal important to you?

3. How will it change your life?

Is there something you've always wanted to participate in, but haven't?
Visualize (meditate on it)

3. Would you like to have more energy? Why?

4. What type of activities did you enjoy as a teenager?

5. What if any fitness equipment do you have in your home?

6. Select letter that best describes your preference. Do you like to workout
a) hard, b) medium to hard or c) medium to easy?