

Health Support Questionnaire

Health Goals Review

Start with their #1 goal that is most important to them and ask them more about why.

How do they prefer to be contacted?

Phone _____ Text _____ E-mail _____ Combo _____

Support Team

ASK It has been our experience that the people who surround themselves with positive individuals that want them to succeed will have results that are much higher than those who choose not to.

ASK Our goal is to help ensure you maximize this opportunity in an easy and efficient way. Each week you will e-mail your current results and/or questions to your enrolling sponsor. Your support team will be copied on this e-mail to add in on encouraging your progress.

Now that we have reviewed your goals, let's now create your support team.

1. Who in your family would LOVE to see you achieve all your goals?

2. Which of your friends would LOVE to see you reach every one of your goals?

3. Which co-workers would also LOVE to see you achieve all of your goals?

4. Which neighbors / church / club / gym will notice when you achieve all of your goals?

We will email you simple steps to help you invite your support team.

Personal Analysis

SAY Let's review the 'Personal Analysis' you sent back as this form is vital to customize the start of your program maximizing your results.