



## Personal Training Application

---

You might be thinking: “Why an application process?” Good question. In an ideal world, we would love to help everyone; however, due to time constraints we only provide personal training to individuals who display a high level of commitment. It would be selfish on our part to accept everyone. Therefore, we have implemented a stern application process.

There are many reasons Underground Functional Fitness’ personal training programs are different. Our programs are for individuals who are serious about getting in the best shape of their lives. All candidates must go through the application process in order to be accepted into the program. We take YOUR results seriously. Our clients are the billboards for our business as your results are a direct reflection of our programs. We want the best for both of us and therefore we screen all potential clients to establish maximum accountability.

We owe you one thing: the TRUTH. You may not want to hear it...we are going to give it to you anyway. Anything less would be unacceptable. We are doing YOU a favor by screening our potential clients. If you still make excuses for getting in the best shape of your life, our program is not for you. Save your time and money until you are committed to doing everything in your power to get the body you want.

Just so there is no misunderstanding:

- ✓ “Only the rich can afford cheap shoes.” – Paul McIntire
- ✓ You will work for your results.
- ✓ You will be held accountable for your results.
- ✓ We will provide you with the best coaching, the best training, and the most cutting-edge information available.

Since you have read this far, you are ready to commit. Read on to get started.

I \_\_\_\_\_ have read and understood these requirements in whole and I am confident I will dedicate myself and my time to ensure that I provide myself with the best opportunity for results.

\_\_\_\_\_  
(printed name)

\_\_\_\_\_  
(signature)

\_\_\_\_/\_\_\_\_/\_\_\_\_  
(date)



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

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Other: \_\_\_\_\_

**Fill out the application completely. Unfinished applications will be discarded.**

1. What challenges do you have that are preventing you from achieving your health and fitness goals (body transformation)?
  - a)
  - b)
  - c)
2. What are these challenges costing you in terms of time, money, relationships, and peace of mind?
3. On a scale of one to ten, how open and teachable are you? (1= Least teachable, 10= Most teachable)
4. On a scale of one to ten, how willing are you to invest in yourself? (1= Least willing to invest, 10= Most willing to invest)
5. Are you a fast decision maker when you know something is right for you, or are you more of a thinker?
6. Are you willing to start and not stop until you've met your goal?
7. Who will support and encourage you during the training process?
8. Do you have approval from individuals you are accountable to for financial decisions?
9. What other information would you like to share with us?