

## Consulting Questionnaire

1. When was the last time you felt truly healthy, fit, and emotionally balanced?  
What was different about your lifestyle then?
2. Have you ever worked with a private trainer or wellness coach?  
What was that experience like?
3. How easy or difficult is it for you to stay motivated around health and fitness?
4. If you could design your ideal health and wellness program, what would it include?  
(e.g., movement, breathwork, strength training, mindfulness)
5. What's currently troubling you most – physically, emotionally, or energetically?
6. Are you experiencing any physical pain or discomfort?  
Where in your body do you feel it?
7. Do you feel confident in your body's capabilities?  
(e.g., walking, balance, getting up from the floor)
8. Do you enjoy any physical activities such as golf, tennis, or pickleball?
9. How would you describe your social life?  
Would you like to feel more connected?
10. Have you ever practiced yoga, breathwork, or meditation?  
What was your experience?
11. What brings you joy or makes you laugh?
12. Do you have any exercise equipment at home?  
If so, what kind?
13. If we were to create a personalized wellness plan for you, what would success look like?