Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2021 90 Day Challenge Entry Survey**

**Exercise**

1. Are you currently strength training (circle one)? Y or N

2. If yes, how many days a week (circle one)? 1 2 3 4 5 6 7

3. Are you currently performing cardiovascular training (circle one)? Y or N

4. If yes, how many days a week (circle one)? 1 2 3 4 5 6 7

5. Do you practice Heart Rate Training (circle one)? Y or N

6. Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*If you are not familiar with Heart Rate Training, please follow up with a BodyTrac Trainer to learn how to successfully use heart rate training to meet your goals!

**Nutrition**

7. On a scale from 1-10 (10 being the best) how is your eating? \_\_\_\_\_\_\_

8. How many calories on average do you consume daily? \_\_\_\_\_\_\_\_

9. How many calories should you consume to lose weight? \_\_\_\_\_\_\_\_

10. Have you ever had your metabolism measured? Y or N

**Commitment**

11. On a scale of 1-10 (10 being the highest) how committed are you to success during the challenge? \_\_\_\_\_\_\_

12. Are you willing to strength train at least 3 days a week, perform cardio in your target heart rate zone for 30-45 minutes 5 days a week, and eat fewer calories than you are burning? Y or N

13. How much do you plan on losing during the challenge? \_\_\_\_\_\_\_ lbs

**Expectations**

14. How long have you been working out with BodyTrac Health & Fitness? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. What are your expectations from BodyTrac during the Challenge? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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16. On a scale of 1-10 (10 being the highest) how much do you believe in the BodyTrac Program for successful weight loss? \_\_\_\_\_\_

17. How did you hear about the 90 Day Challenge? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_