



## Elite Performance Coaching Application

I work exclusively with dedicated individuals who are serious about transforming their bodies, mindset, and performance. I offer both online and in-person coaching to help you achieve your goals efficiently. Please complete this application to be considered for my 1-on-1 coaching program. If selected, you will receive a link to schedule a free consultation.

1. Full Name:

Text

2. Email Address:

Text

3. Phone Number (Optional):

Text

4. What are your top 3 fitness goals right now?

Text

5. What is your biggest struggle when it comes to achieving these goals?

Text

6. Why is NOW the right time for you to make a serious change?

Text

7. Have you ever worked with a coach before? If yes, what was your experience like?

Text

8. On a scale of 1-10, how committed are you to achieving your transformation?

Text

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9. Are you financially prepared to invest in your health and fitness at a high level? (Yes/No)

Text

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10. Why do you think you would be a good fit for my coaching program?

Text

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11. If accepted, are you ready to take action immediately? (Yes/No)

Text

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12. Anything else you would like me to know before our call?

Text

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13. How long have you been training seriously?

Text

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14. What does your current nutrition plan look like?

Text

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15. How many hours per week are you willing to dedicate to training?

Text

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16. What is your ultimate long-term fitness goal?

Text

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