



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

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

Text

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

Text

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

Text

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

Text

13. How long have you been training seriously?

Text

14. What does your current nutrition plan look like?

Text

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

Text

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

Text

www.robertkalnak.com