

Discovery Questionnaire

Start here — it's free. I read every single one personally
and reply with honest next steps. — Crystal

Take your time with this — most women spend about 20 minutes on it.
Answer honestly — there are no wrong answers, and nothing you
write here is ever shared with anyone. The more I know,
the better I can help you.

1 Your name

2 Your email

3 Your age range (check one)

☐ 20s ☐ 30s ☐ 40s ☐ 50+

4 What's your #1 goal right now?

5 How active are you currently? (check one)

☐ Not at all ☐ A little ☐ Moderately ☐ Very

6 How much time can you realistically give training?

Days per week:

Minutes per session:

7 Where would you train? (check one)

☐ Home ☐ Gym ☐ Both

8 What equipment do you have access to?**9 Any injuries, health conditions, or limitations I should know about?****10 How would you describe your eating habits right now?**

11 What's held you back from sticking with fitness before?

12 What does success look like for you 3 months from now?

13 Which program interests you? (check one)

- ☐ Built to Flourish — 12 weeks of 1-on-1 coaching
- ☐ Find Your Time — 4-week jumpstart
- ☐ Not sure yet — help me decide

14 Anything else you want me to know?

Thank you for trusting me with this.

Send this back to me and I'll reply within a couple of days
with honest next steps. No pressure, ever.

— Crystal