

MADFIT INDIVIDUALIZED MEAL PLAN & MACRO COACHING FORM

When filling out this form be as honest and descriptive as possible! No Judgment here ;)

*For my use only. You do not need to fill that out unless you are an online client with no in person assessment.

Name:

Age:

Height:

*Weight:

*Body Fat:

*Muscle Mass:

*Water Weight:

*Waist:

*Hips:

*Chest:

*Thigh:

*Arm:

*Arm Flexed:

1.How many times a day do you workout?

2.What kind of workouts do you do?

3.When you are consistent do you see results with these types of workouts?

4.What do you do for work?

5. What do your "Rest" days look like? Example: Hiking, Tennis, Volleyball, Movies, Day Drinking etc.

6.What does your sleep schedule look like?

7.What is your stress level?

8.How much water do you drink?

9.How do you currently view your body?

10.What is your goal with following the individualized meal plan?

11.Do you have any idea how many calories you eat a day?

12.Have you ever tried a meal plan or a diet of any kind?

13.Have you tracked your food using my FitnessPal or another app?

14.Do you currently cook and prep your meals?

15.How often do you eat out?

16.Are there any dietary restrictions that you have?

17.Are there foods you would like me to incorporate into your meal plan?

18.Are there foods that you won't eat?

19.What does a normal day of eating look like for you?

Breakfast:

Lunch:

Dinner:

Snacks:

Other Questions or Notes:
