

Elevated Physique Elite Intake Form

Basic Info

Full Name

Age

Height

Current Weight

Goal Weight

Phone

Email

Goals

Main Goal

Timeline

Why is this important

Training

Years Training

Workout Split

Cardio

Injuries

Nutrition

Current Diet

Meals Per Day

Water Intake

Alcohol Intake

Lifestyle

Sleep

Stress (1-10)

Steps

Work Schedule

Accountability

Commitment (1-10)

Follow Plan (Yes/No)

Agreement

Signature

Date