

Kinetic Edge Personal Training Application

I am sure you are thinking ‘Why an application process?’ Good question. We would love to help every individual one-on-one; however, due to time constraints we only provide personal training to individuals possessing the highest commitment level. It would be selfish on our part to accept everyone. We have, therefore, implemented a streamlined application process that allows qualified individuals the opportunity to work with us if they are accepted.

There are many reasons our personal training programs are different at Kinetic Edge. When you are serious—extremely serious—about getting in the best shape of your life then we encourage you to begin our application process. All candidates must go through the application process in order to qualify for personal training. We take YOUR results seriously. Therefore, we screen our applicants in order to ensure there is the best fit possible for both of us. Our clients are our best marketers for our business. Therefore, you have one of two choices: 1) be a walking billboard or 2) be a walking disaster. Your results are a direct reflection of our programs. We want the best for both of us and therefore we screen all potential clients to establish maximum accountability.

We owe you one thing: the truth. You may not want to hear it...We are going to give it to you anyway. Anything less would be unacceptable. We are doing YOU a favor by screening our potential clients. If you still make excuses for getting in the best shape of your life, our program is not for you. Save your time and money until you are committed to doing everything in your power to get the body you want.

Just so there is no misunderstanding:

- Our personal training services are not cheap.
- You will work for your results.
- You will be held accountable for your results.
- We will provide you with the best coaching, the best training and the most cutting-edge information available.

Since you have read this far, you are ready to commit. Read on to get started.

I _____ have read and understood these requirements in whole and I am confident I will dedicate myself and my time to ensure that I provide myself with the best opportunity for results.

(printed name)

(signature)

____/____/____
(date)

Name: _____

Phone Number: _____

Email: _____

Best time to call: Morning
Afternoon
Evening
Other _____**Fill out the application completely. Unfinished applications will be discarded immediately.**

- 1 What challenges do you have that are preventing you from achieving your health and fitness goals (body transformation)?

1
2
3
- 2 What are these challenges costing you in terms of time, money, relationships, and peace of mind?
- 3 On a scale of one to ten, how open and teachable are you? (1= Least teachable, 10= Most teachable)
- 4 On a scale of one to ten, how willing are you to invest in yourself? (1= Least willing to invest, 10= Most willing to invest)
- 5 Are you a fast decision maker when you know something is right for you, or you more of a thinker?
- 6 Are you willing to start and not stop until you've met your goal?
- 7 Are you willing to invest \$1000+ per month in training?
- 8 Who will support and encourage you during the training process?
- 9 Please suggest two dates and times when you would be available for an in-person interview.
- 10 What other information would you like to share with us?