

Therapeutic Trainers Network Client Success Story

Congratulations! **Thank you** so much for agreeing to share your success story with us!
Your testimony and willingness to share are very much appreciated!

Some questions...(you can use the back side if necessary, or another page).

Why did you start exercising?

What keeps you motivated?

How has working with a TTN PT helped with your success?

What are your long-term goals with health and fitness?

What healthy eating habits have you incorporated since you started working with TTN?

What lifestyle changes have you incorporated since you started working with TTN?

What is your current exercise regime?

Workout Schedule:

Weight training: ____ times per week for ____ minutes

Cardio: ____ times per week for ____ minutes

Type of cardio: 1. _____

2. _____

3. _____

Other: 1. _____

2. _____

3. _____

Maintenance Tips:

1. _____

2. _____

3. _____

By the way, do you have any "before" photos you would like to share with us?