Client questionnaire

* What is your Name : Willie Walker
* What are your short term goals: to lean out, stay muscular and healthy
* What are your long term goals: to do my first bodybuilding show
* What are your strengths when it comes to training: determination
* What are your weaknesses when it comes to training: cardio and lower back issue.
* What is your current weight: 280-282
* What is your current workout split: train each body part separate now
* What is your current daily nutrition plan you are following: not really on a nutrition plan at this time.
* Any food allergies : none
* Healthy foods you like: I like a variety of foods. i hate reheated chicken.
* Non healthy food you like: a lot. that is the problem
* Any other personal health issues I should know about: lower back pain as we discussed. and I have a torn right bicep from a car accident 2016
* What kind of work you do: registered nurse
* What days you can train and what days you can’t train: I'm pretty flexible. it depends on what the trainer can do for me.
* What days would you like a cheat meal to be on? Saturdays.
* Current supplements you are taking: pre workout, test 250 mg weekly under dr care. and some GH. just started that 4iu 4 times a week.
* PED? PLEASE ABOVE
* What times you can’t train: late night
* What times you can train early morning or evening
* Work schedule? I rotate shifts. I do days for 14 days and i work nights for 14 days

Please be as detailed as possible

Thank you, and I am looking forward to help reach your goals!!