

Fired Up Fit Team

COACH TRAINING

PRESENTED BY: EMBER NEVILL

About Me Questionnaire

Welcome to the Fired Up Fit Family!! I would love to get to know you a little better. Please fill out the questions below...

- What are the three most important things in your life?
- Tell me about your family.
- Tell me more about your background (i.e. growing up, fitness/health history).
- What do you feel are your strengths?
- What do you want to get out of coaching?
- What are some of your interests, hobbies, likes, etc?
- What is one of the scariest things you've done to challenge yourself?
- Realistically, how much time could you spend per day working this business?
- Of these three, which is your preferred method of communication: text, email, or Facebook?
- If you were to have any apprehensions about coaching, what would they be?

