



[www.PersonalBestDenverWest.com](http://www.PersonalBestDenverWest.com)

1. If I were in the best shape I could possibly be in, I would ....
  
2. The top three reasons why I would want to stay healthy & fit are ...
  
3. The top three things holding me back from being healthy & fit are ...
  
4. If I could do three things differently about my health, I would ...
  
5. I need professional help with this personal project. Just like I would contact a mechanic to fix my car, or a plumber to fix my home's plumbing, or a doctor if I had a health issue, I need professional help. I will contact (*name*)  
\_\_\_\_\_ by this date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_.



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## YOUR PERSONAL CONTRACT

*To do something differently ... NOW!*

I, \_\_\_\_\_ promise to do something positive and on a DAILY basis about my health & fitness. On a daily basis, I will write down what I do. I will make health & fitness a priority. If I need help staying motivated or achieving results, I will get help immediately. *I know that if I do not take care of my body and my health, there's no place else to live!*

SIGNED: \_\_\_\_\_

Date \_\_\_/\_\_\_/\_\_\_.

For more information, please visit our website at

[www.PersonalBestDenverWest.com](http://www.PersonalBestDenverWest.com),

e-mail us, [phil@PersonalBestDenverWest.com](mailto:phil@PersonalBestDenverWest.com)

*If you would like someone to contact you about ...*

- 🔔 Personal instruction on how to get fit and stay fit for the rest of your life
- 🔔 Personal Best Fitness Center and what we have to offer you: Group classes,
- 🔔 Personal Best Fitness Center facility orientation
- 🔔 Fitness testing (cholesterol, body composition, strength, flexibility, diet &
- 🔔 nutrition, and more.

**DO SOMETHING DIFFERENTLY NOW! You know what does not work ... at least try what might work (... and what we know will definitely work!)**



Please complete this form and talk to the professionals a Personal Best, a division of the National Personal Training Institute of Colorado. **We educate and train the trainers ... we can certainly educate and train you!**

**Printed Name:** \_\_\_\_\_

**e-mail Address:** \_\_\_\_\_ @ \_\_\_\_\_

**Best phone # to reach you:** ( \_\_\_\_\_ ) \_\_\_\_\_

**I'm interested in**

- \_\_\_ weight management
- \_\_\_ diet & nutrition analysis
- \_\_\_ improved and sustained strength
- \_\_\_ improved and sustained flexibility
- \_\_\_ improved and sustained endurance
- \_\_\_ improved and sustained energy level
- \_\_\_ Training for a particular activity (e.g. Running, skiing, hiking, biking, etc.)
- \_\_\_ Injury Recovery (i.e. knee / shoulder surgery, pregnancy, other invasive surgery)
- \_\_\_ Dealing with a special medical situation that affects physical performance (i.e. arthritis, diabetes, high blood pressure, etc.). Medically diagnosed situations will require a consultation / approval by your medical doctor.

**OTHER:** \_\_\_\_\_