

SOHA Body

Online Personal Training Enquiry

Let's build a plan that works for you.

Tell me about yourself and what you would like to achieve.

Full name

What would you like help with?

- ☐ Six Weeks Fitness Program ☐ One-on-one online personal training
- ☐ I would like some guidance

What are your main goals? Select all that apply.

- ☐ Weight loss ☐ Building muscle ☐ Strength and fitness
- ☐ Building consistency ☐ Mindfulness and wellbeing ☐ Other

Where would you prefer to train?

- ☐ Home ☐ Gym ☐ Home and gym

How would you describe your training experience?

- ☐ Beginner ☐ Returning after a break ☐ Training regularly

How many days per week can you realistically train?

Do you have any injuries or physical limitations that may affect training?

Anything else you would like me to know or ask?

SIX WEEKS FITNESS PROGRAM

\$50 per week for six weeks | \$300 total

One customised six-week training plan, weekly check-ins, exercise videos in the app and PDF guides covering nutrition and mindfulness.

Personal training sessions are available separately.