

# WCFC FLEX 2022

PLEASE FILL OUT THIS QUESTIONNAIRE FOLLOWING PAYMENT TO JOIN WEST CHESTER FITNESS CLUB FLEX PROGRAM WITH HALEY STEGMAN

**Name:**

**Sex:**

**Age:**

**Current Weight:**

**Height:**

**Current Activity Level:** *None, Moderate, Active*

**Main Goal Currently:** *Lose Fat, Gain Muscle, Both*

**Dieting History:**

Are you currently adhering to a “diet” or nutrition plan or program?

Have you tracked calories before?

**Rate the following on a scale of 1-10 (1 = terrible / 10 = excellent )**

Relationship with Food:

Sleep:

Stress:

Bowel Movements:

Any known health conditions, food allergies, dietary restrictions, issues etc. we should be aware of?

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Thank you for filling out this questionnaire and welcome to WCFC Flex! We are so glad you're here. There are a few things you need to do immediately:

1. Take your starting progress photos. FRONT/SIDE/BACK photos of your physique are all needed. Have someone take them for you, or record them yourself and take screenshots. Ladies, sports bras and shorts are preferred or a bathing suit. Men, shorts or swim trunks will do.

2. Download MyFitnessPal or another calorie tracking app & unsync any fitness tracker or watch that may link to the app. Check under settings.
3. Purchase a Food Scale on Amazon or a store near you.
4. If you are local or an in-person client, be sure to schedule your first round of measurements with Haley Stegman at West Chester Fitness Club. If you are virtual, please ask for measurement directions in the email.
5. Email Haley at [wcfcflex@gmail.com](mailto:wcfcflex@gmail.com) to introduce yourself & or schedule your initial consultation phone call if you have not already done so. **Please attach your progress photos to your email as well as this document!**
6. You will be added to a Facebook group called WCFC Flex after your initial email is received. If you do not have Facebook, please make us aware of this. This is the accountability group for FLEX. Many tips, tricks, hacks, news, etc. will be found here.
7. Be sure to find the WCFC Flex 2022 Macro Guide for your own personal use. Refer to this document for FAQ's, macronutrient information, food items and more!
8. Your starting macro numbers will be sent to you via email.

