**Email Address \***

1. What is your main goal for this session?
2. What have you done in the past to work on this goal?
3. What has proven effective? What hasn`t?
4. What is your current lifestyle? Please include the following aspects: food, exercise, mindfulness, relationships.
5. What is your stress level (from 0 to 5)?
6. How do you evaluate your energy levels (low/average/vibrant)?
7. What would you like your health to be 30 days from mow? How about 90 days from now? How would you feel if you got this result? \*
8. How do you expect your life will be improved once you achieve this goal?

Anything else you would like to share.:)

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**Please submit your answers to** [**contact@dancefitideas.com**](mailto:contact@dancefitideas.com)

*I will contact you back within a 24h time frame*

~Ana-Maria