



**8 Week Sweepstakes Application**

- Applications accepted August 1-15th
- Interviews conducted August 15-31st
- Winner announced September 1st
- Training starts September 4th!

**Personal Info:**

Name: \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Married: \_\_\_\_\_ If so, how long have you been married? \_\_\_\_\_

Children: (include ages) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Occupation: \_\_\_\_\_ How long in that field: \_\_\_\_\_

Current Weight: \_\_\_\_\_ Height : \_\_\_\_\_

Do you exercise regularly? Y / N (circle one)

If so, explain current exercise habits  
\_\_\_\_\_  
\_\_\_\_\_

1.WHAT IS YOUR OVERALL FITNESS GOAL?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. WHY is the above important to you? (*your deepest motivation?*)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What outcome would you expect from this 8 week experience?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What habits/behaviors in the past have harmed/defeated you and kept you from this goal?

---



---



---

On a scale of 1-10 how confident are you that you can change these habits? (1=lowest/10=highest) \_\_\_\_\_

5. What harmful and negative thoughts/mindset have you had about yourself in the past?

---



---



---

On a scale of 1-10 how confident are you that you can change these thoughts? (1=lowest/10=highest) \_\_\_\_\_

**Medical Info:**

**Please list any medications or nutritional supplements you take:**

Medication, Supplement Vitamin	How long have you taken this medication?	What condition is this taken for?

**Do you have any of the following problems/conditions?**

**Yes    No**

*Any pain in joints (knees, elbows, shoulders, hips)		
*Any pain in lower back or neck?		
*High Cholesterol?		
*High Blood Pressure?		
*Type 1 or Type 2 Diabetes?		
*Asthma?		
*Sleeping Problems?		
*Anemia?		
*Seizures?		
*Any other Medical Conditions Describe:		
Any previous injury or surgery? Describe:		

**Commitments:**

1. 2x week personal training sessions at emPower and 1-2 x week at emPower for class or open gym, per road map to success plan developed upon acceptance. (\$800 value including accountability and nutritional guidance)
2. Homework assignments outside of emPower which can include, but not limited to, journaling, reading assignments, writing assignments, video blogs, outdoor coached workouts, kitchen food prep, grocery store tour plus more!

3. In addition to workouts, meeting with Coach 1 x week for focus meeting and weekly planning.
4. Must be willing to commit to treating yourself to a massage at least once during the 8 weeks.
5. Video "vlogging" the experience to share on social media. (Up to 3 short videos per week)
6. Food Logging during the first 4 weeks, optional for the 2nd 4 weeks dependant on progress.
7. Mentoring a new client at the end of the 8 week experience.
8. Contact Coach Carla with any questions/concerns at southernfitchick@yahoo.com

### **The Four Pillars of Fat Loss Foundations:**

1. **'Mindset Muscle: "We cannot solve our problems at the same level of thinking we used to create them!"**

*–Albert Einstein*

I commit to strengthen my ability to control my thoughts and emotions, to train them in ways that bring me life, health, and happiness! It will be hard to change old thought patterns. I commit to the homework assignments that will help me exercise my mind.

2. **Renew: "The core of True success is love. That includes loving yourself enough to take care of yourself"**

*- zig ziglar*

I commit to loving myself by nurturing my body through rest, rich nutrition, hydration, and relief from stress. I cannot expect my body to give me amazing results while I abuse/neglect, and fail to nurture it.

3. **Move: "Workout because you love your body, not because you hate it!"**

I commit to give my body the movement it is craving! I will workout regularly because I was designed to move, and will enjoy the release of stress, from my body, the feeling of strength, the purity of sweat, and the refreshment of oxygen.

4. **Fuel: "Better Nutrition is a journey, not a destination"**

I commit to upgrading my current nutrition in a way that is healthy and life giving! I will focus on fueling my body with foods that I love that produce life in my body, and learn how to make these an enjoyable part of my lifestyle.

The goal is improvement, not perfection!

By signing below I acknowledge the above personal information to be true, and I have never been a client of emPower before. I agree to the above statements and accept the commitments of this 8 week challenge. I also realize there is no guarantee that I will be accepted. In the event I am selected, I do realize no results are guaranteed. Ultimately I am the one who has to do the work to see the results encouraged and guided from the emPower Team.

Print name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_