**Kickstart 21 Questionnaire**

breakup/separation/divorce

Please answer the following questions. This will give me a good idea of where you’re at in your life right now, mentally, physically and emotionally and will help me coach you more effectively. We’re all in this together, and the better I know you, the better this experience will be :).

**1 - Where are you at right now in the separation/divorce process?**

**2 - On a scale of 1-10 (10 being highest), what’s your current stress level?**

**3 - Do you have kids? If so, how old and how often are they with you?**

**4 - Circle what best describes your current mindset:**

Positive     Negative Fear     Bitter Angry Growth     Gratitude Determined

Other (please explain)

**5 - How’s your heart feeling? Really tap into this question ok….circle whatever resonates:**

Happy     Heavy Scared     Empty Confused  Lifeless Full Drained     Sad

Other (please explain)

**6 - Tell me about your current fitness level? What do you do for exercise? What do you *like* to do for exercise? What do you *not like* to do?**

Is there anything else that you feel might be helpful for me to know about you, or what’s going on in your life right now?

I can’t wait to meet you! Let’s get started :)