



# Jay Lally's Core Stability Training Program

## APPLICATION AND ASSESSMENT FORM

*Everyone wants to lose weight, to feel and be healthier, to achieve fitness. And many have tried all kinds of gym memberships and fitness and weight loss programs. But what we have found is consistently lacking is commitment to the hard work necessary to achieve these goals.*

*At the Jay Lally Core Stability Training Program, we believe that commitment is fundamental to making the life changes necessary to fitness. We want our members to succeed, and that's why we want to recruit members to this exclusive program who share our commitment.*

*Please fill out this questionnaire, which will better help you – and us – determine your commitment to fitness, and whether our program can deliver the results you are seeking.*

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Best Time to Contact You: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Target Weight: \_\_\_\_\_

How did you hear about our Core Stability Program? \_\_\_\_\_

\_\_\_\_\_

What fitness programs have you tried in the past? \_\_\_\_\_

\_\_\_\_\_

*continued on next page >>*

What makes you believe that you will succeed this time? \_\_\_\_\_

\_\_\_\_\_

What happens if you do not succeed this time? \_\_\_\_\_

\_\_\_\_\_

Please rate your past results. (1 = HIGHLY DISSATISFIED, 5 = VERY SATISFIED)

1      2      3      4      5

How much have you previously invested in your personal fitness? (1 = VERY LITTLE, 5 = CONSIDERABLE INVESTMENT)

1      2      3      4      5

Please rate your desire to succeed in achieving your fitness goals. (1 = LOW, 5 = HIGH)

1      2      3      4      5

How many days per week are you willing to commit to training?

1      2      3      4      5      6      7

Please rate your commitment to changing your life using our fitness program. (1 = SLIGHTLY, 5 = VERY)

1      2      3      4      5

Why do you want to train with Jay Lally? \_\_\_\_\_

\_\_\_\_\_

Who else is your fitness important to? \_\_\_\_\_

\_\_\_\_\_

*Please fax this completed form to 201-447-7098.*

**We want you to succeed.**

*Once we have reviewed your responses, we will contact you to discuss your answers,  
and whether the Jay Lally Core Stability Training Program is right for you.*