



To make sure we are a good fit for each other and you're able to get the most out of your mentoring, please answer and return the following questionnaire to candy@fitformer.com.au

Name:

Email Address:

Contact Number:

DOB:

Location:

3. Wheel of life: Rate 1-10 (1 being poor and 10 being excellent) all these areas of life:

Personal Growth	
Spirituality	
Mental Health	
Personal Satisfaction	
Money/finances	
Career	
Health and fitness	
Recreation/ fun	
Friends	
Environment	
Family	
Partner/love	

4. How regularly would you like mentoring? (weekly, fortnightly) and your current availability?

5. Any additional information.