



- 1. What was life like before you became a WPF client? (occupation, daily feelings)**
I thought I was pretty active. I had been running a couple half marathons every summer and training for those at my local gym. But then I moved and making it to the gym got harder and harder and I didn't want to spend the money for any gym near me. So I gradually just stopped going. And without that exercise, my desk job with minimal movement and my awful eating habits I gained a significant amount of weight.
- 2. At the time you enrolled, were you already exercising? What was your previous background in fitness?**
At the time I signed up with Ryan I was doing no activity whatsoever. Previous summers I had been competing in half marathons and triathlons and was fairly fit, definitely still eating poorly because I thought "hey I'm exercising I can eat whatever I want!".
- 3. What originally prompted you to seek us out?**
I heard about the Christmas Challenge and was intrigued so I said why not.
- 4. What was your goal when you originally signed up?**
To lose the excess weight I had gained and build muscle. See more success than I did with previous personal trainers.
- 5. Why was this important? (**dig deep into emotions here!)**
I was noticing more and more clothes I wasn't fitting into. Wasn't confident anymore and needed a change.
- 6. How long had you had this goal?**
Losing weight was always my goal it was just never executed properly or with the help of such a great trainer.
- 7. What were the top 1-2 things that held you back from achieving your goal?**
Poor eating habits and previous personal trainers.
- 8. What had you tried to get to your goal before?**
I thought running half marathons and doing triathlons would get me there but without changing my eating habits that was going to do very little.



9. Were you more driven to solve a problem or achieve a goal?
I was driven to solve my weight problem. I have NEVER lost 40+ lbs in my life and that was amazing.
10. How did you originally hear about us?
I heard about the company through someone and I went and checked it out on google.
11. What originally prompted you to seek us out?
I didn't want to waste money on a gym membership and not have results. I don't really know what I'm doing so I wanted guidance with the support of a trainer.
12. How were you feeling about weight loss, nutrition, and fitness at the time you enrolled?
I thought it was impossible to lose weight, fitness has always been in my life so that was not the hard part for me, it was changing my eating habits.
13. What have you liked best about working with us?
Like I said, I have had previous personal trainers and they do not even compare to Ryan. He is so incredibly motivated and genuinely wants to help you. Whereas my other trainers just saw it as a 9-5 job and got it done and over with as quickly as possible without ever reaching out to check in on how we were feeling and eating. He is the best support system you could ask for.
14. What challenges have you overcome and struggled with that kept you from progressing faster with your goals?
Definitely the eating. I started before thanksgiving so the struggles of not indulging in all the holiday food like I usually do was hard. I still got to eat very well those couple of days but I didn't continue eating those leftovers for the week after. Here and there I'll have a moment and eat something I shouldn't of.
15. How did you overcome them?
Just telling myself not to ruin what I have worked so hard for because I'm craving some chocolate. Also having Ryan constantly check in and see what I ate keeps me on track.



16. What are you most proud of achieving since you started?

Losing 40+ lbs of fat!

17. Now that you achieved your weight loss has your view of yourself changed?

It has changed dramatically because I can fit clothes from high school again! That is always a great confidence boost.

18. How do you feel about your future?

I still think it will be challenging to not want to eat what I feel like but that will come with time.

19. What else is different about your life since beginning your program?

I never read nutrition labels on anything I ate. It is alarming what I was putting into my body and wondering why I always felt sick and had headaches almost everyday. I haven't felt sick or had a headache since I started this.

20. Where would you be if you hadn't started your program here?

It would possibly be at a local gym just going through motions and not changing my eating habits.

21. What would you say to anyone else who might be dealing with a weight loss problem, or health and fitness problem in general?

Ask for help! Sometimes you can't do it alone and I know I couldn't of done it without the help and support of Ryan as my trainer.