

Personalised Programmes with #thebmovement



Please fill out this form and email to: bryony@thebmovement.com

Personal Details

Date Today:	
Name:	
Date of Birth:	
Occupation:	

Life Details:

This is so I can figure out realistically how much time you have per week.

How many hours of work do you do daily?	e.g. 9-5
How many social events do you go to weekly?	e.g. I'm out every weekend
How many hours of exercise do you do a week?	(Don't worry if its none)
Do you take a day to rest and recover?	

Sleep Pattern	e.g. 7 hours every night
Do you get stressed? If yes – is it every day or on occasion?	
Do you struggle with anxiety or depression? (or other mental health)	
Menstrual Cycle Are you aware of your monthly cycle? (if applicable)	

Body Details:

Do you have any Injuries? Please not any – small or big	
Do you have specific areas of tightness you need help with?	
Do you have specific areas of weakness you need help with?	
Do you have any problem areas you need to tell me about?	

Personal Goals**Write down all your Goals**

For example:

I want to do the Splits, I want to be more flexible all over, I want to be stronger at handstands...

Anything else you'd like to tell me:

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Which programme would you like:

4 Week	
8 Week	

30 Minutes 1-1 with Bryony

What Day and Time would be best for you?	
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Thank you,

Please email this form to: bryony@thebmovement.com and I'll get back to you asap.



#thebmovement