NEXTREP
RISE. GRIND. REPERT

Personal Information

- Age:
- Weight (kg):
- Height (cm):
- Activity level (1–5): (1 = sedentary, 5 = very active)

Goals & Background

- What is your current short-term goal? (e.g., fat loss, muscle gain, strength,)
- What is your history with sports and physical activity?
- What is your experience with supplements?
- What supplements do you currently have available?

Daily Routine & Lifestyle

- What time do you leave for work?

- What time do you finish work?

- What time do you usually go to the gym?

- What time do you usually go to sleep?

- How many days per week can you commit to training?

Nutrition Preferences

- How many meals do you prefer per day?

- Are you currently on-track or off-track with your nutrition and fitness? (On-track / Off-track)

- List the carbohydrate sources you enjoy eating: