



Dear Sweatbox warrior,

We're more than happy to welcome you! The sweatbox is a female collective where we work towards your goals, together. The main pillars we focus on are body, food and mind with a holistic approach. Create the best version of yourself in a sustainable way.

Send your filled out file to info.thesweatbox@gmail.com

Let's go!

Personal training

1. Private client:
2. What is your age?
3. What is your date of birth?
4. How much do you weigh?
5. Do you smoke?
6. What kind of sports have you engaged in over the past years?
7. Would you describe yourself as a beginner/average/advanced in working out?
8. Any injuries you've had in the past or that you currently have?
9. What is your health goal? : Increase much more muscle mass/ more toning and shaping/fat burn and weightloss/ increase stamina, coordination and balance/ Just be a little bit fitter than I am now/ Health for the long run
10. How would you describe your relationship with working out? : I love it/ I don't know, I do so because it's healthy/ I really don't like it
11. Are you currently pregnant?
 - Do you have a diastis rectae?
 - Do you have pelvic instability?
 - When was your last pregnancy?
12. Do you give us permission to measure you every 4 weeks to track your progress?
13. Are you using any medication at the moment?
14. Are there any disorders, illnesses you are suffering from at the moment?
15. Do you give us permission to make pictures, short video's and/or boomerangs during the workouts for our social media/ instagram?

Nutrition

Private client:

2. Describe your average day on a plate: breakfast, lunch, dinner and snacks
3. Do you have a favourite cuisine or dish?
4. Any allergies or intolerances?
5. Describe the amount of movement during your job on a scale from 1-10.
7. Any diets, detoxes or regimes you are doing at the moment?
8. In my kitchen I have: an oven/ microwave/ blender/ gas stove
9. Are there any ingredients or dishes you absolutely dislike?
10. What is your health goal? Burn fat and lose weight / increase muscle mass /
Just eating a little healthier than I do now
11. How many meals do you eat in a day?
12. Your all time favourite cheat meal?
13. Are there any other special things we should know off?
14. What do your working hours look like?

Holistic lifestyle coaching

1. What is your goal? Getting mentally fitter/ recovering from trauma through movement/
dealing with loss and grief/ relationships/ hormonal health/ health routine/ nutrition.
2. Other: