



Your Crystal Ball

11 Questions That Reveal Your Results BEFORE You Begin Any Fitness or Weight Loss Program

Instantly Discover What's Really Possible For You

INSTRUCTIONS: These questions are based on tried and true behavioral psychology. And as you will see, your answers are predictive of the results you can expect from any fitness or weight loss program. Print this questionnaire and indicate your answers with a check mark or circle. Some questions require a written answer.

#1 - What is your fitness/weight loss goal?

- I want to add lean muscle, tighten and tone my body.
- I want to lose body fat/weight/inches from my body.
- I want a combination of 1 and 2.

Write out your SPECIFIC goal here: _____

#2 - What do you feel is a *realistic* time frame to achieve this goal?

- 2 months
- 3 months
- 6 months
- 9 months
- Other: _____

#3 - Why do you want to achieve this goal? (Choose all that apply)

- I want to look and feel better.
- I want to take control of my health.
- I want to be a better role model for the people I love.
- I want to re-ignite my spouse/partner's attraction to me.
- I want to improve my self-image and self-confidence.
- Other: _____

#4 - On a scale of 1 to 10, with 1= "none" and 10 = "total", how do you rate your commitment to achieving the goal you wrote above in the time frame you indicated?

1 2 3 4 5 6 7 8 9 10

#5 - If you are less than a "10" on the scale above, why? *What is your limiting belief?*
What is holding you back from 100% commitment to having what you want?

Write it out here: _____

#6 - Are you a "lone wolf" who thinks you can do it all yourself - or do you appreciate and value accountability, support and guidance from a trusted, expert coach with a documented track record of success helping people like you get in the best shape of their life?

- Lone wolf
- Coachable

#7 - Do you perceive hiring an expert coach to improve your health and fitness as a "cost" you have to *pay someone else*, or as an "investment" *that pays you dividends* for the rest of your life?

- Cost
- Investment

#8 - Do you believe that consistent exercise alone is all you need to achieve your goal, or that consistent exercise and a healthy, supportive diet is necessary?

- Exercise only
- Exercise and nutrition

#9 - If you are provided nutritional guidance/meal planning that dramatically accelerates your results WITHOUT leaving you calorically deprived (and hungry all the time), can you commit to following it?

- Yes - Absolutely
- Maybe - I'll try
- No - I need my donuts!

#10 - Do you believe you have to wait for the “perfect time” to start getting your body, health and positive feelings about yourself back; or do you believe in seizing the day and starting now?

- I have to wait for the perfect time.
- I'm ready to start NOW!

#11 - Do you believe that the choices YOU make largely determine the results you get in life; or do you believe your life is largely out of your control?

- My choices dictate my outcomes
- I have little/no control

What Your Answers Predict About Your Ability to Get Results

Your Goal.

Did you write down your goal? If so, you are 9 times (900%) more likely to achieve it according to behavioral experts. There is immense power in writing down what you want to achieve (then taping it to your bathroom mirror so you see it every day when you get out of the shower ;)

Your Clarity.

Are you crystal clear on *why* you want to achieve your health and fitness goal? If your “why” is clear and strong in your mind, the “how” becomes much, much easier.

Your Commitment.

How'd you rate yourself on the commitment scale? Anything less than a 10 indicates just “interest”, not real commitment. When you're “interested” in doing something, you do it only when it's convenient. It's not a priority. When you're committed to something, you see it through.

The Fallacy of Willpower.

If you're a lone wolf, the odds are not in your favor *because you must rely exclusively on willpower*. Do a Google search on "why willpower doesn't work" and you'll discover thousands of articles from very reputable sources on behavioral psychology unequivocally proving the fallacy of willpower when it comes to making lasting, positive change. **The real solution** is always putting yourself in a structured, accountable, supportive situation *long enough to develop new habits*. Coaching gives you that situation, which gives you certainty and speed of outcome.

Invest In You.

The wiser we become the more we realize that as our health and fitness goes, so goes the quality of our life. If there is a panacea – something that cures everything – it's exercise and supportive nutrition. Your state of mind and your ability to be who you most want to be and have what you most want to have are directly related to your physical wellbeing. Are peace of mind, happiness, and unshakable self-confidence (not to mention looking great) a cost or an investment for you?

If you perceive hiring an expert coach as a cost you have to pay someone else, versus an investment that pays you, then most likely you also chose "lone wolf."

Exercise AND nutrition.

Hopefully you understand all the exercise in the world won't help much if your diet is horrible. Over the last 10 years the health and fitness communities have really dialed-in what constitutes supportive nutrition. And it's largely about getting the right combination of macronutrients (proteins, carbs, fats) in the right amounts (portion sizes) at the right times. Restrictive diets that leave you hungry all the time never work long-term, almost always result in yo-yo weight loss/gain, and they're just not healthy. That's why we don't advocate them.

You Don't Need Donuts.

If you can follow a sensible meal plan that doesn't leave you hungry, and substitute fruit for donuts most of the time (you can still have a donut on occasion), then you can dramatically accelerate your fitness and/or weight loss results.

Carpe Diem (seize the day).

Now is the perfect time. You already know that. The most important day in your life is today. Because what you choose to do *today* dictates who you will be and what you will have tomorrow.

You Are In Control.

Making a decision to change can be scary. But you know what's scarier? *Regret*.

If what you just read makes sense to you, then you and I are on the same page and I know we can help you get the body, health and fitness you want. **So here's what to do now...**

2 Week Trial Free Unlimited Group Training.

Just email me dave@iron-body.com and we'll set up an appointment to meet and get you started right away. Or Call 502.267.6030



For more before/after photos and testimonials visit <http://iron-body.com/testimonials/>

About Me:



My name is Dave Randolph and I have been coaching others in fat loss, fitness and health since 2002. I'm a 6th degree black belt and have been training with kettlebells since 2002. I have spoken at several industry events and have taught many other fitness professionals over the years.

I've also written four books all available on [Amazon](https://www.amazon.com)

I used to be in IT but got laid off in 2007 and started helping people full-time and haven't looked back.

Now that I'm in my late 50's I have to train myself differently than I used to and that has carried over into how I train all my clients. We focus on mobility, strength, and moving well rather than going all out all the time, which is how it has to be if you plan on begin active into old age.

Contact me so we can discuss how I can help YOU lose fat, get stronger and live a long and healthy life!. Email me dave@iron-body.com or call 502.267.6030 today!