



Discovery Call – Health & Wellness Assessment

Please complete this brief assessment before scheduling your complimentary Discovery Call. Your answers will help me understand where you need the most support and allow us to make the best use of our time together.

Full Name: _____

Email: _____

Phone Number: _____

Tell Me Where You're Feeling Stuck

1. Physical Health

What are the top 2–3 health challenges you're struggling with right now? (Examples: weight gain, low energy, pain, poor sleep, hormones, digestion, mobility, strength, high blood pressure, diabetes, etc.)

1.

2.

3.

2. Emotional Well-Being

How are these health challenges affecting your confidence, happiness, relationships, or quality of life?

3. Financial Impact

How have your health challenges affected your finances, career, or ability to earn income or enjoy life?

4. Biggest Frustration

What have you already tried, and why do you feel it hasn't worked long-term?

5. Vision & Commitment

If we were talking 6 and then 12 months from today and your life had completely changed, what would success look like for you? Are you ready to invest time, effort, and resources into creating that transformation?

Next Step

Thank you for completing this assessment! Your next step is to schedule your complimentary Discovery/Consultation Call. During our conversation we'll review your answers, identify what's holding you back, and create a personalized roadmap toward better health, greater energy, and a stronger future. I commit to help you succeed in an absolute abundant life. I ask that you commit to not only yourself, but to me. Book your call here: [🕒 KB Consultation/Discover Call - KB Fitness](#)