

TEAM MIHALY

WELCOME TO #TeamMihaly... or, now that you're part of it - #famMIHALY!!!!

We're thrilled to get you rolling, a few things first:

- Copy, paste, and fill out the below information in an email to the coach you signed up with
- Send your starting pictures (Front and Back relaxed and Front and Back flexed OR competition poses if you're a content prep client)
- Give us up to 48 hours to get your programming to you! It typically takes less time than this, but on certain days our work load is quite a bit higher than others

Coach Justin Mihaly – justin@teammihaly.com

Coach Megan Davis – Megan@teammihaly.com

Coach Hannah Stoutmayer – Hannah@teammihaly@gmail.com

Coach Curtis Brown – Curtis@teammihaly@gmail.com

Full Name:

Height:

Weight:

Age:

Occupation:

Location:

Training Experience (Beginner, Intermediate, Advanced):

Do you train in a well equipped gym? You will need this!

Current Cardio:

How long have you been doing this much cardio?

Average hours of sleep per night?

Current Macros or diet plan:

How long have you been dieting this way?

What supplements are you currently taking (include anabolcs and advanced supps if applicable)?

Are you interested in "advanced" use of supplementation (anabolics, SARMs, etc)?

Have you ever used these types of supplements in the past? If yes, explain:

What are your goals with our time together?

Do you understand how to count macros? Are you comfortable enough to execute them properly?

Any food allergies or injuries I should know about?

List any other info you think would help me: