



## EMSCULPT

1. What is your goal with EMSculpt (please list in order):
  - a. \_\_\_\_\_ Burn Fat
  - b. \_\_\_\_\_ Increased Muscle Mass
  - c. \_\_\_\_\_ Improved Muscle Definition
  - d. \_\_\_\_\_ Increased Muscle Strength
  - e. \_\_\_\_\_ Improved Diastasis (muscle stretching after pregnancy)
  - f. \_\_\_\_\_ Lose Weight
  - g. \_\_\_\_\_ Lifting (buttocks)
  
2. What is your BMI? \_\_\_\_\_
  
3. What body area(s) are you interested in?:
  - a. Abdomen
  - b. Arms
  - c. Legs
  - d. Buttocks
  
4. How much do you currently exercise?:
  - a. Not at all
  - b. < 30 minutes per week
  - c. 30-60 minutes per week
  - d. 60-120 minutes per week
  - e. >120 minutes per week
  
5. How healthy is your diet?
  - a. Very healthy
  - b. Somewhat healthy
  - c. Not very healthy
  
6. How many pounds are you from your goal weight?
  - a. I'm at my goal weight
  - b. <10 lbs
  - c. 10-20 lbs
  - d. >20 lbs