

# Canandaigua's Extreme Makeover

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phones - Home: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Gender: Male: \_\_\_\_ Female: \_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Age: \_\_\_\_\_

**Please use the back of this page or an extra page to answer the following questions:**

- 1.) What frustrates you the most about health and fitness?
- 2.) Describe your typical week. (sleep, work, meals, activities, etc.):
- 3.) Explain how you will make time available to make this program a success:
- 4.) Why should you be selected as Canandaigua's Extreme Makeover?
- 5.) If you are selected what are your goals?
- 6.) What will you feel like after the 8-weeks?

When you have finished with the questions please include a recent photo of yourself and mail to:

Tall Trainer Fitness Systems  
68 Gorham St.  
Canandaigua, NY 14424

Or drop them off at Park West Hair Design & Spa

## Entries Due March 10th

\*By entering you will automatically have the opportunity to participate in a weight loss challenge. This means that even if you are not chosen to receive the makeover, you can win a prize package to be awarded to the participant who loses the most weight in the 8-week period. Jeremy is also making his nutrition program available for the 8 – weeks period to help you in your weight loss efforts. The nutrition program alone is a \$58.00 value. If you have any additional questions please visit [www.talltrainer.com](http://www.talltrainer.com) or call Jeremy at (585)261-0533.