

# JUMPSTART

*with Stanley*

*Free Fitness Assessment and Consultation*



AUTHOR OF THE WEIGHT IS OVER  
**STANLEY PORTER**

## ARE YOU READY FOR YOUR TRANSFORMATION?



*"Mr. Porter, your program jump started my lifestyle change! I have lost 45 pounds since we last spoke!" - Brandie Santiago*

*"[This program] was...a challenge! But through it I learned so much, and I can already see and feel results. Working with Stanley has been motivating and very encouraging" - Felicia Wilitz*

*"Stanley Porter is one of the best around! He is very professional and gives [his clients] a vision for the future with hard work. Mr. Porter has a high focus on nutrition and genuinely cares about seeing results!" - Keisha Williams*

*"If you could use a champion to see you through to your healthier, stronger self, I cannot recommend Stanley enough." - Lucia Colombaro*

## HOW TO USE THIS DOCUMENT

Congratulations for taking a first step toward a better you by downloading this free fitness assessment! I really enjoy helping my clients become stronger, healthier versions of themselves.

This document contains part of a process I go through with all my personal training clients. As a general rule: you cannot move forward with any action plan without understanding why you are in your current state of fitness. What we see in the mirror is a result of

1. our genetics
2. what we are eating
3. our level of physical activity
4. how we think

You can get a deeper understanding of how all of these things are impacting you personally in as little as 30 minutes!

First, Complete Parts A through D on the following pages. Feel free to print out the pages if you cannot edit the PDF on your device.

Next, complete your scheduled 30 minute consultation with me to go over your results. I am certain we'll discover a few things that can help bring you closer to your fitness goals! You should have already filled out a scheduling form on my website. If not, you can find it on this page at [www.stanleyporter.net](http://www.stanleyporter.net)

# YOUR FREE ASSESSMENT

## PART A: HEALTHY HABITS ASSESSMENT (Rate yourself in the areas below)

	<b>Poor</b> (1)	<b>Satisfactory</b> (2)	<b>Good</b> (3)	<b>Excellent</b> (4)
<b>Exercise</b> (I do planned physical activity 3 times per week)				
<b>Water</b> (I drink at least ½ gallon of water every day)				
<b>Food Diary</b> (I log my daily food intake in an online or paper journal)				
<b>Macronutrients</b> (I consume 60 grams of protein, no more than 150 carbs, and no more than 20 grams of fat daily)				
<b>Cleaner Eating</b> (I have drastically reduced or eliminated processed foods and snacks from my diet)				
<b>Veggies</b> (I eat at least 3 cups of vegetables per day)				

**PART B: HIDDEN RISK SURVEY**

	Never	Sometimes	Frequently	Always
I have a lot on my mind and feel tension from stress in my body				
I drink more than 3 servings of alcohol per week				
I eat quite a bit of bread during the week.				
I love to eat sweets like candy, cake, and pastries.				
I like to eat salty and crunchy snacks like chips and crackers				
I skip meals during the day, because I don't have time or the desire to eat				
I dine at restaurants/eat take-out food 2-3 times per week.				

## PART C: WHAT IS YOUR BODY TYPE?



1. **ECTOMORPH:** Characterized by narrow shoulders and hips, long limbs and lean body. Generally harder to gain weight due to fast metabolism.
2. **MESOMORPH:** Typically considered athletic with broad shoulders, smaller waistline, and builds muscle easily.
3. **ENDOMORPH:** Normally has wider waist, larger hips, and shorter limbs. Body fat is easy to gain, and hard to lose.

It's possible you are a blend of two of these types, but pick the one that mostly defines you.

**PART D: PAR-Q:** This section will help me determine if a Medical Release Form is necessary to begin a fitness program with you.

Do you have any issues/concerns in the following areas?

1. Heart
2. Lungs
3. Bones/Joints
4. Dizziness
5. Recent Surgeries
6. Pregnancy (Pre/Post Natal)
7. Special Medications Needed

## WHAT'S NEXT?

You and I will have a great conversation about your answers!

Once you've finished your scheduled consultation, you should have a better understanding of the results of this assessment. You will also know which of the following steps is right for you:

[Personal Training](#) (includes face to face exercise instruction 2-3 times per week, customized exercise and meal plans, and periodic body measurements)

[Fitness Coaching](#) (includes bi weekly check-ins, customized exercise and meal plans, and periodic body measurements)

Customized Meal or Exercise Plan Only (developed for your unique goals and body type).

I look forward to speaking with you soon, and remember:

Small Steps Lead to Big Results!

