



## Steve Cotter Private Training Application





**Thank you for inquiring about a private training session with Steve Cotter. As outlined on the website, the cost for these sessions is:**

- **1-session \$250**
- **5 sessions - \$1,000**
- **10 sessions - \$1,500**

**These sessions will typically take place in San Diego, CA. However, Steve will also be available for private training when he travels to do workshop/CKT courses. To view his schedule, please visit our "Events" page at: <http://www.ikff.net/events-calendar.html>**

**To start the application process, please answer the below questions and send to [kenblackburn@ikff.net](mailto:kenblackburn@ikff.net). Steve will review and respond with his availability. If he can coordinate with your schedule, a payment link will be sent for one of the above amounts.**

1. Name:

2. Age:

3. Location:

4. Weight/Height:

5. E-mail:

6. Phone number:

7. What day/time were you looking to schedule a session/sessions with Steve?  
Please list multiple day/times in order of preference (in the event your first choice is not possible)

8. Please outline your training goals and what you hope to accomplish via your training sessions with Steve?

9. Do you have a particular mode of training that is of most interest to you? (barbell/dumb bell, kettlebells, bodyweight drills, martial arts, running, lifting odd objects, whatever works, etc)

10. How would you rate your general health (sick frequently, generally tired/low energy?)

11. Do you have a family history of disease in any of the following conditions? ---heart disease, high blood pressure, cancer, diabetes, etc?

12. How would you rate your current level of conditioning? (on a 1-10 scale, 1 being very de-conditioned, 10 being elite condition)

13. What, if any is your athletic background? (sport and/or exercise and level of skill/competition)

14. What are your (athletic) strengths; what do you excel in (lifting-wise and/or in sports)?

15. What are your weaknesses? (this can also be in terms of training or performance in sport)

16. Do you have any limitations, physically, emotionally, psychologically, that you are aware of?

17. If there is one thing that you could change, to move from good to great, what would it be?