**About you**

Age: Profession: Height: Weight:

Post Category: **Ripped Physique** or **Fitness Journey** (*please choose one*)

Body Type:

**Ectomorph**: Naturally lean, and have difficulty building muscle

**Endomorph**: Naturally heavy boned, high body fat, put on muscle and fat quickly

**Mesomorph**: Naturally muscular and well-built, high metabolism and responsive muscle cells.

Why do you train?

How do you balance your life commitments with your training?

What are you most passionate about?

What is your Favourite Quote?

**About your training**

What is your training philosophy and why? I.e. Bodybuilding, Calisthenics, Yoga, Cross fit, a bit of everything etc.

What workout routine has worked best for you? I.e. provide a sample workout plan that has given you results for readers to download the form of a pdf. OnDaWagon can make it look pretty, so you can even send scans of your workout diary/tracker if you keep one.

What is your favourite body part to train?

How do you prevent injury when you train?

What is your cardio like?

Do you have a favourite sports brand?

Do you use any equipment/accessories that deserves a special mention and why? I.e. wrist straps, belt, weight belt, headphones etc.

**About your nutrition**

What is your nutrition philosophy and why? I.e. Low carb, intermittent fasting, flexible dieting, IIFYM, etc.

What strategy/strategies do you use for your meal prep? You can also provide a sample meal plan.

What are your top three cheat meals/foods?

Do you use any cookbooks, or apps that you would recommend?

Do you use any equipment that deserves a special mention and why? I.e. NutriBullet for smoothies etc.

**About your supplementation**

What is your supplementation like?

Which brands do you use and why?

Finally what advice would you give someone who is trying to start their fitness journey?