



Member *assessment.*

A short capture of where you are right now — training history, goals, recovery, and the rails we need to know about. Returned to your coach and Atlas for the Strategy Session.

MEMBER

FULL NAME

DATE OF BIRTH

TODAY'S DATE

EMAIL

PHONE

MEMBERSHIP TIER

HEIGHT

WEIGHT TODAY

TARGET WEIGHT (IF ANY)

WHAT YOU'RE HERE FOR

- Body composition / recomp
- Strength & performance
- Longevity / healthspan
- Recovery / pain reduction
- Sleep & stress reset
- Cardiovascular health
- Hormone & metabolic balance
- Post-injury return
- Sport-specific prep

IN YOUR OWN WORDS — WHAT WOULD SUCCESS LOOK LIKE 90 DAYS FROM NOW?

TRAINING HISTORY

YEARS LIFTING CONSISTENTLY

YEARS CARDIO CONSISTENTLY

SESSIONS / WEEK NOW

SPORTS / ACTIVITIES YOU DO OR PLAY

BEST LIFETIME LIFTS (1RM BENCH / SQUAT / DEADLIFT / PRESS) — IF KNOWN

INJURIES, SURGERIES, PAIN

INJURIES OR SURGERIES WE SHOULD KNOW ABOUT (WHEN, WHAT, CURRENT STATUS)



LIFESTYLE BASELINE

AVG SLEEP (HR / NIGHT)

SLEEP QUALITY (1-10)

WAKE TIME (TYPICAL)

STRESS TODAY (1-10)

CAFFEINE / DAY

ALCOHOL / WEEK

WEARABLE IN USE (OURA / WHOOP / APPLE
WATCH / GARMIN / NONE)

TOBACCO OR NICOTINE

EATING NOW

A TYPICAL DAY OF EATING (BREAKFAST / LUNCH / DINNER / SNACKS · APPROXIMATE)

ALLERGIES OR INTOLERANCES

ANYTHING YOU AVOID BY CHOICE

CURRENT SUPPLEMENTS (NAME · DOSE · FREQUENCY)

CURRENT MEDICATIONS

RECENT METRICS (IF YOU HAVE THEM)

LAST DEXA (DATE · RESULT)

LAST VO₂ MAX

LAST BLOODWORK

WOMEN — ADDITIONAL CONTEXT

Currently menstruating

Pregnant or trying

Postpartum < 12 months

Perimenopausal

Postmenopausal

On hormonal contraception

On HRT / BHRT

Cycle currently irregular

RECOVERY SUITE — INTEREST

Infrared sauna

Cold plunge / contrast

HBOT

Cryotherapy

Red light

PEMF

Hydrogen

Lymphatic compression

Float

ACKNOWLEDGEMENT

I understand **Wellness Elite Fitness is a wellness facility, not a medical provider**. Programming, nutrition, and recovery cadence are guided by my coach and by Atlas, the WEF concierge — neither diagnoses nor prescribes. Clinical questions route to **Dr. Swet Chaudhari, MD** (Elite Aesthetic MD) or my primary care provider. Behavioral questions route to **Najla Crawford, LPC**. I will surface anything new — a new medication, a new diagnosis, a flare — so my plan stays accurate.

MEMBER SIGNATURE

DATE

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