Once completed, attach this form along with 2-4 current pictures and any additional recent contest pictures to our email – [Info.TeamWilsonBB@Gmail.com](file:///C:\Users\Team%20Wilson\Downloads\Info.TeamWilsonBB@Gmail.com). Pictures are a mandatory component of application and assessment, so an application will not receive a response until we have received both the application and pictures. In order to not water down our services, membership is capped and limited. We accept both pro and amateur clients, veterans as well as first time competitors, and from any country. However depending on the time of year and our current roster, there may at times be a wait period for our services.

Please note that our membership is selective, we want only to work with those with passion, intensity and dedication to their goals. So the information in this application will serve as not only background information for setting up a client’s starting program, but more importantly will give us the necessary information for if a client is a good fit for the Team. Keep this in mind when answering some of the questions below. If a topic or question you feel is vital to your prep is not covered, please either include it at the end or in your initial email to us.

***All information is required. Please answer in full sentences where applicable.***

* FULL NAME:
* EMAIL ADDRESS:
* CITY, STATE, COUNTRY:
* HOW DID YOU HEAR ABOUT US [Please name the person or website]:
* LOOKING FOR CONTEST PREP, OFFSEASON PREP, OR BOTH:
* DATE OF BIRTH:
* HEIGHT:
* CURRENT WEIGHT:
* HEAVIEST ALL TIME ADULT WEIGHT:
* WEIGHT AT LAST SHOW:
* FIRST TIME COMPETITOR?:
* CATEGORY? [Bikini, Figure, Physique, Bodybuilding]:
* AMATUER OR PRO [Please list federations]:
* DESCRIBE YOUR **CURRENT** **WEIGHT TRAINING** PROGRAM [REP RANGES, FREQUENCY, ETC]:
* DESCRIBE YOUR **CURRENT** **CARDIO PROGRAM** INCLUDING DURATIONS & FREQUENCIES:
* DESCRIBE YOUR **CURRENT DIET**, PROVIDE MACRO’S IF POSSIBLE, OR OUTLINE AN AVERAGE DAY’S EATING. DO YOU INCLUDE CHEAT MEALS OR HIGH CARB DAYS OFTEN?:

***A client’s supplementary, dietary, and health history for not only now, but the past several years can affect both their metabolism as well as eligibility for certain organizations. Please be sure to include all relevant information:***

* PLEASE LIST ALL CURRENT AND RECENT PRESCRIPTIONS:
* PLEASE LIST ALL CURENT AND RECENT SUPPLEMENTS:
* ANY INJURIES, PHYSICAL LIMITATIONS?:
* ANY ONGOING HEALTH ISSUES, CONDITIONS, FOOD ALLERGIES OR INTOLERANCES:

**THOSE WITH PAST COMPETITION EXPERIENCE, PLEASE ANSWER THE FOLLOWING:**

* PLEASE LIST YOUR PREVIOUS SHOW PLACINGS, AS WELL AS YOUR WEIGHT AT EACH OF THOSE SHOWS:
* WHAT PEAKING METHODS HAVE YOU USED IN THE PAST:
* WHAT DIETING AND TRAINING METHODS HAVE YOU UTILIZED IN THE PAST:
* IN PAST CONTEST PREP(S) – WHAT WAS THE LOWEST YOUR CALORIES / MACROS REACHED:
* IN PAST CONTEST PREP(S) – WHAT WAS THE HIGHEST AMOUNT OF CARDIO YOU COMPLETED PER WEEK:
* WHAT IS THE NEXT SHOW(S) YOU’RE CURRENTLY LOOKING TO COMPETE IN? DO YOU NEED ASSISTANCE CHOOSING SHOW(S)?

**\*REQUIRED FOR ALL APPLICANTS:\***

Finally, why are you looking for help with contest prep, and what is your ultimate goal as a competitor? How long do you see yourself doing this, and what motivates and inspires you to pursue this goal?

By submitting this application you agree with the following:

*I (the applicant) promise that I am providing an honest, comprehensive and complete history of all pertinent health, supplementary and dietary information. I understand that not disclosing relevant information could lead to less optimal results and further risk my own health.*

*Please also understand that Team Wilson Bodybuilding [Intensity Is Everything, LLC] is not a licensed dietitian or nutritional specialist. You (applicant) fully understand that Intensity Is Everything LLC is a consulting firm, not a registered dietician or medical advisor in any way. All recommendations given are undertaken at your own risk. All information you obtain will be directly from Team Wilson's own experiences. It is of best interest for anyone looking to start a bodybuilding contest preparation/ fitness program to consult a physician before doing so, including a comprehensive physical performed by a licensed physician.*

*You (applicant) fully understand that you (applicant) may injure yourself as a result of participation in a bodybuilding contest preparation/fitness program, and hereby release Team Wilson, Cliff Wilson, Kathryn Wilson (Wojcicki) from any liability now or in the future for any injury, including, but not limited to heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused , occurring during or after my participation in the bodybuilding contest preparation/fitness program offered.*

*By submitting this application, you state that in consideration of your participation in Team Wilson (TeamWilsonBB.com) bodybuilding contest preparation program, you for yourself, your personal representatives, administrators, heirs and assigns, hereby holds harmless, Team Wilson, Cliff Wilson and Kathryn Wilson (Wojcicki) from any claims arising from your participation in the bodybuilding contest preparation/fitness program.*

*By submitting this application, you affirm that you have read, have been honest with Team Wilson, (TeamWilsonBB.com), Cliff Wilson, and Kathryn Wilson (Wojcicki) and also fully understand the above information. You have been given the opportunity to present questions in all related matters.*

PLEASE MAINTAIN A COPY OF THIS DOCUMENT FOR YOUR OWN RECORDS