

Welcome to the Finding Your Trail Program for:



Hello Happy Hiker!

Thank you so much for joining me on this Finding Your Trail 6 week Hiking Program Session!

But MOSTLY, thank you for showing up for yourself and dedicating time for what's most important in your life, YOU! I am so excited to walk side by side with you! I am looking forward to getting to know you all just a little bit better! I also want to say that what happens in this program stays here. This is a safe and purely confidential space we are holding for one another. There will be a private group Facebook page where we will all be sharing our experiences, Q & A videos, recipes and much more!

We are trusting one another to be in a place of experimentation and learning, which means you have permission to take risks, to make mistakes, and to just be your most honest and authentic self.

Eventually you will build more trust with what happens. We are really holding a space for every outcome and want this to be a safe container for everyone to fully express themselves and what they want to experience for themselves. There is a saying from one of my mentors, "We are honoring the present perfection and embracing what can be" So there is no judgment, we trade judgment for curiosity in this space.

I am going to help you connect to your truth and your goals. For now I would like for you to think about what it is that called to you for my 6-week hiking program. If I were to hand you a magic wand and really get anything you want in the next 6 weeks, what would that look like for you? We are going to look at what's stopping you or slowing you down from having what you want right now! On the next page you will find my Hiking Intake Form!

Thank you and Happy Trails and Possibilities!

Lisa Taitelman

Thank you for taking the time to fill this out. All information will be kept confidential.



Your Contact Info

Name: _____

Email: _____

Phone: _____

1. What is your morning routine?

2. What do you eat for breakfast? How much water do you drink a day?

3. Tell me how you are currently getting in movement:

A.) What form of exercise are you currently doing, and how often? Daily? Weekly? None at all?

B.) Have you hiked before, and if so, what level do you consider yourself to be?

4. What are your biggest health challenges with diet and lifestyle, what behaviors contribute to the struggle?

5. What are three ways you show self love/self-care to yourself?

*Thank you for taking the time to fill this out. All
information will be kept confidential.*



6. Is there anything you would like to be doing for yourself that you are not doing? What gets in the way of that?

7. What are your sleeping habits, how many hours on average do you sleep at night?

8. On a scale of 1-10 what is your stress level on a daily basis?

9. What do you hope to get out of our time together for these 6 weeks?

10. Is there anything else you'd like to tell me?

HIKER'S SIGNATURE

DATE

**Welcome to this session of
Finding Your Trail!**