



GoodLife Fitness Success Stories Questionnaire

PLEASE READ THIS SECTION CAREFULLY

Thank you for your interest in being featured as a GoodLife Fitness Success Story. This is *not a guarantee* that your story will be featured through our various digital marketing channels. To help you, here are a few tips for completing your submission:

1. Please read the questionnaire carefully then complete all sections.
2. If a question does not apply to you, please write or type "N/A."
3. Before submitting photos please read our full guidelines below to ensure all images meet our criteria.
4. Please submit at least two photos apiece of your BEFORE and AFTER images.
5. Please download, save and send this questionnaire as a ".pdf" file.

Email your questionnaire and release form to **social@goodlifefitness.com**. Please be sure to type *Success Happens Here and your first and last name* into the subject line.

NOTE: Please use this questionnaire as a guideline/template to tell your story briefly. If it doesn't fit the requirements to share your message, please use the last section called "anything else to add" to describe your personal story in more detail. For example, perhaps you needed to gain rather than lose weight, or you overcame a battle with a disease or improved your stress management. Everyone's journey is special, do your best to convey the essence of it to us.

BIOGRAPHICAL INFO:

Name:

Hometown (City):

Club:

Name of Personal Trainer:

Name of Team Training Coach:

Height:

Weight before:

Weight after:

Dress/clothing size (if you know it) before:

Dress/clothing size after:

Date of birth:

Daytime phone number (For GoodLife Fitness use only):

Email (For GoodLife Fitness use only):

Occupation:

Married or single?

Do you have permission to use photos from accredited photographer*?

SUCCESS STORY INFORMATION

Your 'aha' moment:

What was the moment when you realized you had to make changes in your life? (for example, not having energy to play with your kids or a being confronted by a health scare etc.)

Goal setting:

Once you realized you needed to make changes, what was the very first thing you did to begin your journey?

Did you set any goals? What were they?

Did you enlist help from a friend, family member or personal trainer?

When did you join GoodLife? What prompted you to join? What was your initial experience?

What sort of exercise did you do at first (i.e. strength training, cardio, Zumba) and how was your experience with that?

How long did it take you to meet your goal?

What can you do now physically that you could not do before?

What is your next goal in your new, fit life?

What changes did you make related to your diet and nutrition?

What was the hardest part about changing your eating habits?

What supplements (if any) do you take?

Motivation, tips and helpful hints for other Members:

How do you feel now that you've accomplished your goal?

Do you have any mantras or motivation you'd like to share?

What is your favourite exercise and why?

What is your favourite body part to train and your favourite move for that part?

What does your weekly exercise routine consist of?

What do you do for cardio – how long and how often?

What advice would you give someone who is about to start their own personal fitness journey?

Do you have anything else to add? Please do so here.

***IMPORTANT: Note on submitting your photo(s)**

HOW TO SUBMIT YOUR BEST PHOTO(S) TO *GOODLIFE FITNESS*

- Please send single, high-resolution images of yourself, both before and after. No collages or grids please

-White walls/backdrops or plain backgrounds are best for print. Do not take photos in the gym, a kitchen or any other room in a house

-Professional photos are a bonus, however, a digital camera (used on the highest resolution/largest setting) is a great option as well.

-Clothing should be fitness gear avoiding the display of prominent logos. For women, we ask that you be in athletic wear, no bikinis, bathing suits, sports bras or crop tops, for men please be in athletic wear, no shirtless images.

-Full body shots that highlight your physique are best.

-Ensure your photos are in jpeg format at least 300 dpi and at least 4×3 in size – dark images will not be published.

PHOTO CREDITS

Whether a professional photographer or a friend took the photo(s), a full name of that person and/or company is required. Any photo(s) submitted to GoodLife Fitness will be considered for digital channels

Please ensure that you have permission from your photographer(s) to submit your photo(s) for print.

If you do not include photo credits and do not state that you have permission to use the photo(s), your submission cannot be considered for use.

Although permission is required, please do not submit photos with watermarks or logos on them. These also cannot be considered for use.

Thank you.

DECLARATION, RELEASE AND DISCHARGE FORM

MUST BE COMPETED
(PLEASE PRINT)

Name:

Address:

City:

Province:

Postal Code:

Day phone:

Evening phone:

FOR GOOD AND VALUABLE CONSIDERATION (the receipt and sufficiency of which I acknowledge),

1. I hereby consent to the use by GoodLife Fitness Centres Inc. ("GoodLife"), David Patchell-Evans and ECW Press Ltd. (collectively the "Licensees"), in their sole discretion of my first name, city of residence and the testimonial essay attached hereto (collectively the "Submission"), and without compensation whatsoever and, without limit as for the period of use, in any media and on a worldwide scale for publicity purposes or for any other lawful purpose.
2. I agree that GoodLife exclusively owns all right, title and interest (including, without limitation, all worldwide copyright) in and to the Submission, including, without limitation, the right to edit, alter or modify the Submission and to use all or part of the Submission in any and all media now known or hereafter devised worldwide, in perpetuity, and to grant such rights to third parties, including, without limitation, the other Licensees, in its sole discretion.
3. I acknowledge and agree that all intellectual property rights, including but not limited to worldwide copyright, in the Submission throughout the world and media, shall be the sole and exclusive property of GoodLife for the full period of the copyright therein including any extensions or renewals. For greater certainty, I hereby irrevocably assign, in perpetuity, all of my right, title and interest, if any, in the Submission to GoodLife. I further waive all moral rights that I may have in the Submission in favour of GoodLife and its successors, licensees and assigns.
4. I agree that the Licensees may use the Submission in connection with any promotion, publicity, marketing or advertisement or any other purpose, including, without limitation, inclusion of the Submission, in whole or in part, in books or other publications written by David Patchell-Evans, including, without limitation, a book titled "Living the Good Life – Health, Happiness and Success for All Canadians". I unconditionally and forever release the Licensees together with their respective affiliates, franchisees/licensees, and their respective officers, directors, employees, representatives, licensees, advertising and other agents from any and all liability arising out of their use of the Submission or any part thereof.
5. I represent and warrant that I am over the age of majority and a resident of Canada.
6. I hereby declare that I have carefully read and understood the foregoing, and that I have given this release and discharge of my own free will.
7. The parties hereby request that the present contract be drafted in the English language. Le présent contrat est rédigé en anglais à la demande des parties.

DATED AT _____ THIS _____ DAY OF _____, 20____.
(City, Province)

SIGNATURE