



Team Sisters In Shape

Name _____

City /Province/State/Country _____

SOME STATS

Age _____ If applicable # of Children (Ages) _____

Occupation (Title) _____

Target Competition *Date & Location & Federation* _____

Target Category (Bikini/Fitness Model/Figure) _____

of Past Competitions _____ Placed? _____

TELL US ABOUT THE REAL YOU

Why are you competing? _____

What role does health & fitness play in your life? (now & in the past)

What do you wish you could tell other women to help them on their health & fitness journey?

CONNECTING

Do you have a website, blog, public Facebook page, Twitter or Instagram account you wish to post so others could visit you? If so, list all you would like to share.

YOU BEAUTIFUL!

Be sure to attach a photo you would like to have posted with your profile on sisinshape.com. Select a photo that reflects YOU. Have it show your personality, priorities and/or proud accomplishments (family photo, before & after etc.).

Email: info@sisinshape.com