

#STORYU

ENGAGE + ASK PROMPTS

POLL IDEAS

- How would you describe yourself: health professional OR non-health pro
- Which are you: Mom OR non-Mom
- Which best describes you: busy working professional OR busy full-time mom
- Which type of content do you prefer: Workouts/Fitness OR Nutrition/food
- What do you like seeing more: My workouts OR my daily meals
- What type of content do you like more: personal/family/life OR fitness/nutrition
- Which do you struggle with more: food/eating OR workouts/motivation
- When it comes to food struggles, which is harder: emotional eating OR boredom eating
- If you could snap your fingers, which would you choose: weight loss OR muscle gain
- How would you describe your eating: eat moderately every day OR eat better during the week, overindulge on weekends
- What do you crave more: Salty or Sweet foods?
- Where do you work out more: Home OR Gym
- Which would you like to work on more: upper body OR lower body
- What kinds of workouts do you prefer: HIIT/intervals/cardio OR bodybuilding/strength
- What is your exercise equipment of choice: Dumbbells OR barbells
- Would you be interested in a travel workout with bands? Yes OR Not really
- Where do you mainly hang out online: Instagram OR Facebook
- What kinds of content do you prefer: written/long captions OR videos
- What's your preferred way to communicate: email OR text
- How long are your workouts? 45 minutes or less OR 45 mins to 2+ hours
- What kinds of fitness classes do you prefer: cardio-based ones OR strength ones
- Which would you rather, as a free resource: sample workout plan OR sample meal plan
- Which do you measure, if anything: macros OR calories

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OPEN-ENDED QUESTION IDEAS

- What's something you struggle with when it comes to eating?
- When you think of the content I share here, what's ONE WORD you think of?
- What's your favorite workout song?
- What's the last book you read?
- What podcast do you love? OR What podcast would you recommend?
- Favorite personal development book?
- Favorite body part to train?
- Biggest obstacle when it comes to eating well consistently?
- What is your #1 fitness goal right now?
- What's your go-to snack to help with cravings?
- Favorite healthy meal?
- Must-have kitchen gadget?
- Favorite beverage of choice?
- Favorite way to do cardio?
- What was the last diet you did?
- How many diets have you done in your life?
- Supplement you can't live without?
- What's your go-to protein bar?
- Would you be interested in learning about macros? Calories? Intuitive eating? etc.
- What's your average nightly hours of sleep?
- How many days a week do you exercise, on average?
- What types of posts are your favorite, content-wise? What do you want to learn more about?
- Most used app?
- Favorite go-to healthy breakfast?