



Dr. Drill Instructor Recruit Survey

The Dr. Drill Instructor program is a full speed, no-holds-barred boot camp that combines rigorous group exercise, motivation, discipline, and health related education. Upon graduation, each recruit will possess an “owner’s manual” to their body and will know how to get a phenomenal workout using their own body as resistance. Please contact Dr. Oberst at 215.855.6154 if you have any questions.

Name _____

Phone # _____

Email _____

1. Do you struggle with maintaining a healthy weight? Why?
2. What are your biggest challenges regarding diet and exercise consistency? (i.e. What do you think you are doing wrong?)
3. Would you like to know more about how your body works as well as how you might prevent health problems from occurring later by acting now?
4. Do you know what you to do be healthier, stronger, leaner, and more energetic, but lack motivation to complete the task?
5. Do you suffer from self-esteem issues as a result of a weight problem?
6. Do you believe that by getting into the best physical shape of your life all the other pieces may come together more easily?
7. Have you experienced major fluctuations in weight over the years? What do you attribute this to?
8. Regarding your health, please interpret the phrase “change before you have to.”
9. Are you ready to commit to a rigorous early morning health regimen at a frequency of three times a week for ten weeks?