



SAVA

ATHLETE INTAKE

WELCOME

We're thrilled to have you join the Saga family. Your journey to a healthier mindset, physique, and lifestyle begins here. Our Saga coaches utilize evidence-based approaches, tailoring each plan to suit your unique needs and objectives. The key to success is a partnership, requiring utmost dedication, time, and understanding from both the athlete and the coach.

OWNER & HEAD COACH

SEAN IRWIN



[SAGACOACHING.COM](https://www.sagacoaching.com)

[@SAGACOACHING](https://www.instagram.com/sagacoaching)

**EMAIL REQUIRED DOCUMENTS
TO YOUR RESPECTIVE COACH:**

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INSTRUCTIONS

We urge you to read through and complete the following forms meticulously. This will expedite the process and allow us to better understand your background, objectives, and current condition. If you have any questions or concerns, please feel free to contact us.

All forms and photographs will be reviewed in the order they are received. Please allow up to 48 hours for a response. Upon review, we may reach out to schedule a call or video chat for an in-depth discussion about your objectives and the structure of your program.

SIGNATURE

Your signature on the Athlete Intake Form must be original, not typed or photographed. You can either use a free signature app on your device, such as CudaSign, or print, sign, and scan the form back to us.



PHOTO SUBMISSION GUIDELINES

We request full-body photographs from the front, back, and both sides. Please ensure good lighting and avoid shadows to maintain clarity. Selfies are not accepted. If needed, use a self-timer or ask someone else to take these photos. For optimal lighting, stand next to a window or choose an outdoor setting.

For Competitors: Dressing as per your stage attire is key for an accurate assessment. Men should opt for posing trunks as per their division rules, while women should wear a bikini or a posing suit, such as the one available here:

<https://toxicangelzbikinis.com/products/t-002>.

When taking your photos, please replicate the mandatory poses for your respective division. You can find the detailed rules for each division at <http://npcnewsonline.com>. Your submission should include two front poses, two side poses, and two back poses. Accurately mimicking these poses is vital, as these images significantly aid in the development of your personalized program.

For Lifestyle Athletes: Comfort is paramount when taking your photos. Men are advised to wear boxer briefs or shorts, while women may opt for a bikini, sports bra, and shorts. Select attire that you feel most comfortable in. The aim is to capture a clear and accurate depiction of your current physique for evaluation purposes.



GENERAL INFORMATION

What is your age?

What is your height?

What is your weight (morning weight, before eating or drinking)?

Could you provide your cell phone number for WhatsApp communication?

What is your current occupation?

Is your job labor-intensive? If yes, please provide details.
What would you like to achieve in the short term?

What is your long-term goal?

Do you have any health complications we should be aware of?



GENERAL INFORMATION

Are there schedule or financial limitations that may pose an issue?

How would you describe your current cognitive performance (any instances of brain fog, energy crashes, trouble sleeping, etc.)?

On a scale of 1-5, with 1 being very little and 5 being extreme, how would you rate your current stress levels?

What time do you usually wake up?

What time do you usually go to bed?

Please provide information on your current and/or past medication use (doses and duration).

Have you had any blood work or any form of lab testing done within the past 3 months? If yes, can you attach the results via email?

Are there any negative past coaching experiences we should be aware of?



GENERAL INFORMATION

Do you use PEDs (Performance Enhancement Drugs)? If so, please list current supplementation with dosage.

Can you provide a full history (if any) with advanced supplements? (dosages and timeline for use)

TRAINING

What activities/exercise have you previously done? (any history with sports or exercise classes)

How many days a week can you train?

How many hours can you spend training per day?

What time of day do you normally train? Please be as specific as possible.

What kind of resistance and strength training equipment do you have available?



TRAINING

How many years have you been going to the gym?

What is your current training split? How many days per week?

Do you have any current and/or past injuries that may limit your exercise?

CARDIO

What is your current daily activity level?

What is your current cardio regimen, if any?

How many steps do you average per day/week? Please use a health tracking app on your smartphone to determine this.

Do you own a wearable device that has step count capabilities?



NUTRITION

If you know your current macronutrient intake breakdown, please provide the amounts of protein, carbs, and fats (if you are currently on a meal plan, please attach via email).

How long have you been at your current intake?

With this intake, how do you feel your performance is during your workouts?

Have you been maintaining, gaining, or losing weight at your current intake? What has been your rate of loss or gain?

How many untracked or free meals are you currently having on a weekly basis?

If you have been tested for or know of any food-related sensitivities or allergies, please list them.

Is there any other information that you think would be vitally important in your program design?



NUTRITION

Do you tend to eat when you are stressed?

How would you describe your current digestion (bloating, gas, irregular bowel movements, etc.)?

How many meals can you fit in a day?

Please list foods you enjoy.

Please list foods you dislike.

What over-the-counter supplements do you currently take, and what are their doses?



FOR FEMALES

Do you have a regular menstrual cycle? If not, please explain.

Are you on birth control or have a history of birth control use?
Please explain the kind, doses, and durations.

FOR COMPETITORS

Have you participated in bodybuilding contests in the past? If yes, please describe competition history and include most recent judging feedback.

What was your previous stage weight (if applicable)?

Is PED use something that is up for discussion?

What has worked well for you in the past and what you feel needs to be corrected?



SIGNATURE ACKNOWLEDGEMENT

By signing this, I acknowledge that I should consult with a healthcare professional prior to initiating any exercise or diet program. I hereby declare my intent to be legally bound, for myself, my heirs, and executors, to waive and release any and all rights and claims for damages I might have against Team Saga. This release extends to any injuries or losses resulting from any diet, supplementation, or training advice I may receive during my participation in the program.

Signature:_____

Date:_____

Full Name:_____

