Empowered Physique Critique

Along with your front and back and fun flex digital photo send a copy of this form with as much detail as you can provide. I will personally scratch up, hack and add notes to your images and this form and send them back to you so you can begin to focus and implement your strategies and create the MOST visual impact possible to your physique in the shortest possible time. After all it's not how lean or how big you are, it's how lean or how big you appear depending on your goals.

IMPORTANT! Save this file right now. SAVE it as Physique-Critique-YOURNAME. Replace YOURNAME with your name Physique-Critique-JohnSmith

Send your Physique Critique to physiquecritique@empoweredrnutrition.com

Include the **Subject Line : Physique Critique 1** (or 2 or 3 or 4 depending on what stage you are at week 1, 4, 8 or completed 12 full weeks and want to know what to do next).

First we will cover the basics, and then I will add My Notes to each of your critiques on the page following the detailed measurements. Fill in your PC1 boxes and send it to me ASAP.

Personal Info					
First Name:	your name	Last Name:	your last name	Age:	enter age
Weight:	enter weight	Body Fat %:	enter body fat	Height:	enter height

Measurements	PC1	PC2	PC3	PC4	Goal
Neck:					
Shoulders:					
Arms (L/R):					
Forearms (L/R):					
Chest:					
Waist (bb):					
Hips (points):					
Glutes (butt):					
Thigh (mid):					
Calf (mid):					

**See my notes below.*

Patrick's Notes – Physique Critique 1:

Patrick's Notes – Physique Critique 2:
sorry this is not available with your 1 FREE physique critique

Patrick's Notes – Physique Critique 3 :
sorry this is not available with your 1 FREE physique critique

Patrick's Notes – Physique Critique 4 :
sorry this is not available with your 1 FREE physique critique