**Say *Hello* To The Pros [**name**] [**age**] [**location**]**

1. **Day to day, what do you do mostly?**
2. **What do you love doing?**
3. **What stresses you out?**
4. **Where do you work out and why do you choose to work out there?**
5. **What is your usual day to day diet and what are your *favourite* treats?**
6. **Do you have any *tiny habits* that heed big results? i.e. What small things do you do consistently that make you feel great or have a positive impact on your life?**
7. **What drives and motivates you?**
8. **We love supporting local! What New Zealand made products do you use, love and recommend?**
9. **What media do you enjoy – podcasts, magazines, books, tv shows etc.**
10. **What does sustainability mean to you and how do you incorporate sustainable practices into your lifestyle?**
11. **What supplements do you take and why?**
12. **What ways do you use Pro You protein powder?**

Thank you so much for taking the time in answering our 12 questions. Your answers will remain totally raw and unedited – to show your true authenticity. No answers are ever right or wrong – we only hope that sharing your tidbits on life will help connect and inspire others.

Please email to [anna@proyou.co.nz](mailto:anna@proyou.co.nz) when complete along with a high resolution landscape image of yourself for use in the blogpost and social media post.