

Four Barrel Testimonial Form

Four Barrel CrossFit needs YOUR personal testimonials to put up on the website! Not only will it make you look awesome, it will show how awesome 4BCF really is. You can either fill out the PDF online and attach digital copies of before and after pictures, or you can fill out a hard copy of the sheet and turn it in to one of the coaches along with original pictures. No matter which way you decide to fill out the sheet, we prefer that you send digital copies of your pictures, because it's less messy and more organized for us.

If taking the electronic route, you can send the form and pictures to Coach Case at: case@fourbarrelcrossfit.com

Submit your testimonial before Oct 1. and you'll be entered to win a free month of CrossFit

Name: _____

Length of membership: _____

Body weight before beginning CrossFit (if applicable): _____

Body weight now: _____

Body Fat % before joining (if known): _____

Body Fat % now: _____

Before and After WOD results (ex: Fran, Nancy, any of "The Girls")

Before and After PR's and/or 1RM's

Achievements because of CrossFit (physical, mental):

Why did you start CrossFit?

*Don't forget to send a before and after pic' to case@fourbarrelcrossfit.com