

## Oxygen Magazine – Future of Fitness Questionnaire

### **PLEASE READ THIS SECTION CAREFULLY**

Thank you for your interest in being featured in Future of Fitness. This is *not a guarantee* that you will be featured in this section. To help you, here are a few tips for completing your submission:

1. Please read the questionnaire carefully then complete all sections including the release form on the last page.
2. If a question does not apply to you, please write or type "N/A."
3. Before submitting photos please read our full guidelines below to ensure all images meet our criteria.
4. Please save and send this questionnaire as a ".doc" file. Do not save as a ".docx", ".pdf" or ".zip" file.

Email your responses to [editorial@oxygenmag.com.au](mailto:editorial@oxygenmag.com.au). Please be sure to type *Future of Fitness* and your first and last name into the subject line.

**Name:**

**City:**

**State/province:**

**Email (for *Oxygen* use only):**

**What is your daytime phone number (for *Oxygen* use only):**

**Main occupation (*ONE* only please):**

**Age:**

**Height:**

**Weight:**

**Birthday and sign:**

**Photo credits (Please list photographer(s) name, phone number and email address. If you have multiple photos with multiple photographers, please list which photographer is responsible for which photo. Be as clear as possible with photos and photo credits.)**

**Do you have permission to submit these photos for print? YES/NO.**

**Were you athletic in your youth?**

**What were some of your athletic accomplishments?**

**When did you start working out and what inspired you to do so?**

**Who is your role model? Why?**

**Are you a more of a cardio woman or a weights gal? Why?**

**What is your favourite cheat food? How often do you indulge?**

**What is your favourite non-cheat food?**

**What is your favourite training move? Why?**

**What is your workout plan like?**

**What time of day do you workout and why?**

**What celebrity are you told you most look like (if applicable)?**

**What do you love most about *Oxygen*?**

**Where do you work out (home, gym, studio, community center, etc.)?**

**Do you prefer training alone or with a buddy and why?**

**What's your favourite type of cardio?**

**What's your best fitness tip (this could be related to training, nutrition, personal attitude, fitness gear, etc.)?**

**What gets you pumped up the most right before a workout?**

**How do you balance career/school/family and fitness?**

**Do you have a favourite quote that inspires you?**

**Have you ever competed and if so, how long have you been competing?**

**What competitions did you compete in and how did you do?**

**How do you relax when you're not working out?**

**What do you always take with you to the gym (list 1–3 items)?**

**What is your favourite book and why?**

**What is the last movie you saw?**

**What music/CD do you listen to when you work out? Why?**

**What piece of advice would you give to a newbie in the gym?**

**What is your favourite physical feature and why?**

**What is your least favourite physical feature and why?**

**Who has supported you the most throughout your fitness journey?**

**What are your big plans for the future?**

**On that last set that is so tough that you just want to quit, what is the image or voice that drives you to push yourself one step further?**

**Is there anything else you want to let us know about? Tell us!  
Write a book if you want to. The write-up itself will only be about 100 words, but the more original your response, the better!**

**\*\*SEE NOTE ON PHOTO CREDITS ON PAGE 4**

**\*\*IMPORTANT: Note on submitting your photo(s)**

**HOW TO SUBMIT YOUR BEST PHOTO(S) TO OXYGEN**

**-White walls/backdrops or plain backgrounds are best for print. Do not take photos in a kitchen or any other room in a house; this looks too cluttered for publication.**

**-Professional photos are a bonus, however, a digital camera (used on the highest/largest setting) is a great option as well.**

**-Clothing should be fitness gear or a conservative bikini or bathing suit.**

**-Full body shots that highlight your physique are best.**

**-Ensure your photos are bright enough for print – dark images will not be published.**

**PHOTO CREDITS**

**Whether a professional photographer or a friend took the photo(s), a full name of that person and/or company is required. Any photo(s) submitted to *Oxygen* will be considered for print in *Future of Fitness*.**

**Please ensure that you have permission from your photographer(s) to submit your photo(s) for print.**

**If you do not include photo credits and do not state that you have permission to use the photo(s), your submission cannot be considered for the magazine.**

**Although permission is required, please do not submit photos with watermarks or logos on them. These also cannot be considered for the magazine.**

**Thank you.**

PLEASE SIGN THE BELOW RELEASE FORM, GIVING US PERMISSION TO  
PRINT YOUR PROFILE IN OUR MAGAZINE



### Consent to Use Material

We'd like to use your material in **CHALLENGER MEDIA GROUP'S** publications and/or on our website and other promotional publications but before we do so, we need to obtain your consent. If you are happy for us to use your material, please read and sign this consent form and return it to:

*Please send this form to: PO Box 199 Runaway Bay QLD 4216 or  
[editorial@challengermediagroup.com](mailto:editorial@challengermediagroup.com)*

I, \_\_\_\_\_ *[insert full name]*, give consent to Challenger Media Group, to publish my material (photograph, article, information etc.) in **CHALLENGER MEDIA GROUP'S** publications and/or on its website and other promotional publications. I acknowledge that:

- (1) I will not be entitled to any form of payment or other consideration in relation to the use of my material (unless previously advised by Challenger Media Group in writing);
- (2) Challenger Media Group will own all rights, including the copyright in the magazine, website or other promotional publication in which my material is published;
- (3) Challenger Media Group does not guarantee that my material will be used in any particular magazine, website or publication or in any particular format; and
- (4) Challenger Media Group may edit my material as it see fits for publishing purposes.

Signed by.....*[insert name]*  
in the presence of:

.....  
Signature of Witness

.....  
*[Signature of person named  
above]*

.....  
Name of Witness (BLOCK  
LETTERS)

Date:...../...../.....