

# Home Page

Chrome

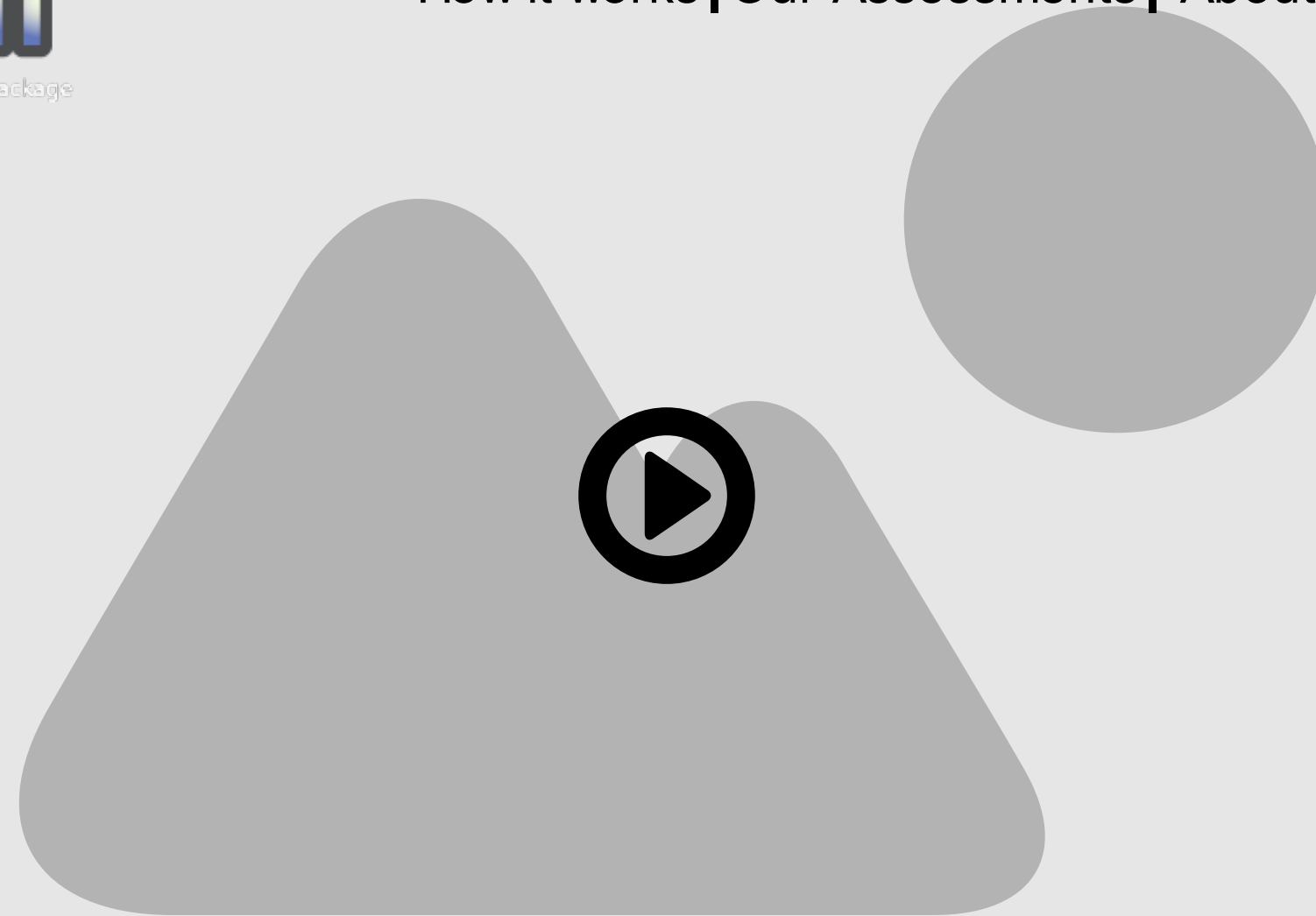


http://interafit.com



[How it works](#) | [Our Assessments](#) | [About Us](#)

[Take Quiz](#)



## How it works

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## Our Assessments

# Menu

Chrome



<http://interafit.com/menu>



## Choose the assessment that's right for you

---

Readiness to Change

☒ Free

Eating Behaviors / Body Image

☐ \$7.99

Stress

☒ \$7.99

Depression

☐ \$7.99

Anxiety

☐ \$7.99

Total: \$7.99

Checkout

# Payment

Chrome



<http://interafit.com/menu>



## Enter Payment Info

## Use a Promo Code

# Assessment First Question

Chrome



<http://interafit.com/assessment>



## Question 1 out of 103

People tell me to relax more often.

Strongly  
Disagree

Disagree

Slightly  
Disagree

Slightly  
Agree

Agree

Strongly  
Agree

# Assessment First Question - Mobile

Chrome

←

→

↺

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Complete Fitness Package

Question 1 out of 103

People tell me to relax  
more often.

Strongly Disagree	Disagree	Slightly Disagree
Slightly Agree	Agree	Strongly Agree

# Complete - More assessments to go

Chrome



<http://interafit.com>



## Complete!

Thanks you for completing the  
assessment. Time for the next one!

Next 

# Complete - Email to be sent

Chrome



<http://interafit.com>



## Complete!

Thanks you for completing the assessment. A link to your results has been sent to your email.

[Back to Home Page](#)

# View Report

Chrome

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InteraFit™

Complete Fitness Package

Understanding Precontemplation

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Cool Chart

FIVE STAGES OF CHANGE

1 Precontemplation

2 Contemplation

4 Action

5 Maintenance

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# Admin - Login

Chrome



<http://interafit.com>



# Admin - View codes

Chrome



http://interafit.com



New Code

Name	Email	Code	Redeemed this month	Redeemed last month	Total Redeemed		
Neil's Fitness	neil@devmounta.in	chucknorris	5	22	27	<a href="#">Edit</a>	<a href="#">Delete</a>
Slim Gym	billy@slimgym.com	stepintoa	3	18	21	<a href="#">Edit</a>	<a href="#">Delete</a>

# Admin - Confirm delete

Chrome



http://interafit.com



New Code

Name

Email

Neil's Fitness

neil@devmoun

Slim Gym

billy@slimgym.

Total  
Redeemed

27

[Edit](#)

[Delete](#)

21

[Edit](#)

[Delete](#)

## Are you sure?

Deleting this will not allow any other users to access the assessment with this code. Are you sure you want to delete?

Delete

Nevermind

# Admin - Create a new code

Chrome



http://interafit.com



New Code

Name

Neil's Fitness

neil@d

Slim Gym

billy@s

## New Code

Organization Name

Contact Email

Code

Create

Total  
Redeemed

27

[Edit](#)

[Delete](#)

21

[Edit](#)

[Delete](#)