



Welcome and congratulations for taking the next big step in your journey! Before we get started on your training I'd like you to take a moment to answer a few questions that we will go over at our initial session. If you are unsure of anything just leave it blank and we can tackle it when we meet.

Name: \_\_\_\_\_

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Height \_\_\_\_\_ Ft \_\_\_\_\_ In

Weight \_\_\_\_\_ Lbs \_\_\_\_\_ Kg

Goal weight \_\_\_\_\_ Lbs

BMI: \_\_\_\_\_ Goal BMI: \_\_\_\_\_

Short-Term Fitness Goals:

Long-Term Fitness Goals:

Do you have any current health concerns?

Please list any medical conditions that may affect your new exercise routine:

Please list any current medications as some may affect your exercise prescription:



Please list any current or previous injuries:

What types of exercise have you done before and enjoyed or not enjoyed?

Do you know what type of training style you like best? (Ex. Gentle, Drill Sgt, Positive Motivation, etc)

Is there anything else you'd like me to be aware of?