In order to submit this form, you should open it with Adobe Acrobat Reader.

Personal Training Intake Questionnaire

Training Packages

Name

First Name Last Name

Gender

Male Female

Age

Height

Weight

What's your daily activity level?

- none(seated only)
- Moderate (light activity such as walking)
- High (heavy labor, very active)

If you have any diagnosed health problems list the condition(s).

If you are on any medications, please list them.

If you have any injuries, please list them.

Do you suffer from diabetes, asthma, high or low blood pressure?

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- ○ Yes
- ○ No

Are you a current cigarette smoker?

- ○ Yes
- ○ No

Your current diet could be best characterized as:

- ☐ low-fat
- ☐ low-carb
- ☐ high-protein
- ☐ Vegetarian/Vegan
- ☐ No special diet

Please rate your readiness for change.

5	6	7	8	9	10
○	○	○	○	○	○

Please rate your motivational level to do what it takes to reach your goal.

5	6	7	8	9	10
○	○	○	○	○	○

Which of the following goals best fit your goals?

- ☐ Improved Overall health
- ☐ Improved endurance
- ☐ Increased strength
- ☐ Increased muscle mass
- ☐ Fat loss
- ☐ Flexibility

At what times during the day would you prefer to train?

- ☐ Morning
- ☐ Afternoon
- ☐ Evening

Personal Training Packages

Please choose 1

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MOBILE (In-person) Options

- 6 Sessions $360
- 8 Sessions $480
- 12 Sessions $720

Please Contact for Pricing on Blending Both Mobile/Remote Session.
Email: awardgainz@gmail.com

1.) CANCELLATIONS: Cancellations should be made at least 24 hours in advance of a scheduled session.
2.) ARRIVALS: Each session shall be 1 hour in length. Allowing time for proper warm up and cool down.
3.) ALL THE INFORMATION I HAVE GIVEN IS CORRECT: All the information on this form is correct and to the best of my knowledge. I have sought and followed any necessary medical advice. I understand that all the information given will be kept confidential.

Email

example@example.com

Have you trained with a personal trainer before?

- Yes
- No

REMOTE (Virtual) Options

- 6 Sessions $180
- 8 Sessions $240
- 12 Sessions $360

I AGREE TO THE ABOVE TERMS & CONDITIONS!

- Yes
- No

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