



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

Age: \_\_\_\_\_ Height: \_\_\_\_\_ ft \_\_\_\_\_ in Weight: \_\_\_\_\_

Daily Activity Level: (circle one) Sedentary Moderately Active Extremely Active

Occupation: \_\_\_\_\_

Does your occupation require much physical activity? Y N

What are your usual leisure activities? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Have you been exercising regularly? Y N

If Yes, how long have you been working out on a consistent basis? \_\_\_\_\_

What is normally included in your workouts? \_\_\_\_\_

\_\_\_\_\_

Do you smoke? Y N If Yes, how much? \_\_\_\_\_

Do you drink? Y N If Yes, how often? \_\_\_\_\_

Medical Concerns: Y N If Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Goals: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please rate each goal from 1-5. (1-Not that Important      5-Extremely Important)

- \_\_\_ Improve Cardiovascular Fitness
- \_\_\_ Body-Fat Weight Loss
- \_\_\_ Reshape and Tone my Body
- \_\_\_ Improve Performance for a Specific Sport
- \_\_\_ Improve Moods and Ability to Cope with Stress
- \_\_\_ Improve Flexibility
- \_\_\_ Increase Strength
- \_\_\_ Increase Energy Level
- \_\_\_ Feel Better
- \_\_\_ Enjoyment



What type of exercise interest you?

Walking

Jogging

Stair Climbing

Cycling

Strength Training

Elliptical

Hiking

Tennis

Swimming

Basketball

Rock Climbing

Yoga/Pilates

Resistance Training

Interval Training

Agility/Plyometrics

Other Activities: \_\_\_\_\_  
\_\_\_\_\_

Were you a high school or college athlete? Y N If Yes, what sport? \_\_\_\_\_

Please list any injuries that you have experienced: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you ever had surgery? Y N If Yes, please list below with the approximate date:

\_\_\_\_\_  
\_\_\_\_\_



Have you ever worked with a Personal Trainer?    Y    N

If yes, please rate your experience from 1-5 (1-Positive Experience 5-Negative Experience)

Rating: \_\_\_\_\_ Please explain your rating: \_\_\_\_\_

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Please add any additional information that you would like me to know about you:

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**GET MOTIVATED!**