

Date: _____
Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Telephone: _____
E-Mail: _____
Referred By: _____

Gender: _____
Date of Birth: _____
Emergency Contact Info
Name: _____
Telephone: _____

What days are best for you to participate in the training program?

What time of day is best for you to participate in the training program?

Body Measurements (Height, Weight, Chest, Waist, Hips, Arms, Thighs, Calves)?

Please describe your training goals briefly?

How would you rate your motivation towards your training goals (low, medium, high, very high)?

What is the main motivating factor behind you joining a training program?

Are you satisfied with your weight, if not, what would you like your weight to be?

Are you motivated enough to follow a rigorous training regime for up to two months with a controlled diet?

Have you been training in the last year & If yes, please describe any improvements in your fitness level?

What are the main things that you are looking forward to from the training program?

How many months are you ready to spend to achieve your objectives?

