

PERSONAL TRAINING CLIENT INFORMATION QUESTIONNAIRE

NOTE: Please complete prior to your first session

Name: _____

Date: _____

OFFICE USE ONLY:

Body Weight: _____ Body Fat: _____ BMI: _____

Max Push Ups: _____ Max Pull Ups: _____ Max ISO Squat: _____

Max Crunches (1 min): _____

CLIENT INFORMATION QUESTIONNAIRE

Please completed and return or email to your Personal Trainer at the beginning of your first scheduled session.

All information received on this form will be treated as strictly confidential. Please fill out the forms completely and accurately . This information is essential to helping your trainer develop a program that addresses your needs, goals and interests and is safe and effective.

Name: _____ Date of Birth: _____ Age: _____

Address: _____

Street _____ City _____ Province _____ Postal Code _____

Phone: _____

Home _____ Office _____ Fax _____

Email: _____

Occupation: _____

Emergency Contact: _____

Name _____ Relationship _____ Phone Number _____

Physician's Name: _____ Physician's Phone: _____

Physicians's Address: _____

Street _____ City _____ Province _____ Postal Code _____

Please provide 24 hours notice if you need to cancel or reschedule your Personal Training appointment.

Personal Trainer: _____

1st Appointment: _____

Personal Training Client Profile Template

Gillen, Glen, Catana Brown

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the client name bar.

Personal Training Client Profile Template:

Adopting the Melody of Term: An Emotional Symphony within **Personal Training Client Profile Template**

In a world taken by screens and the ceaseless chatter of instant interaction, the melodic elegance and emotional symphony developed by the published word usually fade in to the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. However, located within the pages of **Personal Training Client Profile Template** an enchanting literary prize filled with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts visitors on a psychological journey, skillfully unraveling the hidden melodies and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional assessment, we shall discover the book is key harmonies, analyze their enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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