

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

Jin-Ying Zhang



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