

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

Terry C. Jones

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

Personal Training Client Profile Template:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Personal Training Client Profile Template**

In a global inundated with monitors and the cacophony of immediate communication, the profound energy and emotional resonance of verbal artistry frequently fade into obscurity, eclipsed by the regular assault of noise and distractions. Yet, set within the lyrical pages of **Personal Training Client Profile Template**, a interesting work of literary brilliance that pulses with raw emotions, lies an wonderful journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus books viewers on a psychological odyssey, gently revealing the latent possible and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their fascinating writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

https://crm.avenza.com/data/Resources/Documents/Owned_An_Alpha_Anthology.pdf

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