

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

B Lingard



Personal Training Client Profile Template:

Personal Training Client Profile Template Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Personal Training Client Profile Template**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://crm.avenza.com/data/publication/HomePages/operations%20management%20strategy%20and%20analysis%206th%20edition.pdf>

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