

Ran Kirby Sports Fitness LLC
PERSONAL FITNESS TRAINING
Client Exercise History Questionnaire

**Once you have completed this form, please
bring it to your first session**

Name:

DOB:

Date:

Address:

Home Number:

School/Grade:

Siblings/Ages/Sports:

Cell Number:

E-mail address:

Contact in case of emergency:

Current Weight (optional):

Height:

Describe what you would like to accomplish through your fitness
program with me:

How did you hear about us?

Referral Internet Search Flier
Mailer Other

Would you be interested in learning more about fitness, nutrition and lifestyle weight management through reading, watching a video, or listening to an audiocassette?

Rate yourself on scale of 1 to 5 (1 indicating the lowest value). Check the appropriate box number that best applies:

Characterize your present athletic ability.

1 2 3 4 5

Characterize your present cardiovascular capacity.

1 2 3 4 5

Characterize your present muscular capacity.

1 2 3 4 5

Characterize your present flexibility capacity.

1 2 3 4 5

What other exercise, sports or recreational activities have you participated in?

In the past 5 years?

What types of exercise interests you? (Please check or circle all applicable.)

Walking (treadmill/outdoors) Running (treadmill/outdoors)

Hiking Swimming

Tennis Golf Cycling Stationary biking Spin classes

Rowing

Strength training Softball/baseball Martial arts Tai Chi

Yoga

Stretching Pilates Dance exercise

What do you want exercise to do for you?

Use the following scale to rate each goal as far as an exercise program:

Not at all Important				Somewhat Important			Extremely Important		
1	2	3	4	5	6	7	8	9	10

Improve cardiovascular fitness:

Body-fat weight loss:

Reshape or tone my body:

Build more muscle:

Improve flexibility:

Increase strength:

Increase energy level:

Improve performance for a specific sport:

Improve mood and ability to cope with stress:

Feel better/improved health:

Enjoyment:

Anything else I should know about you?

What is the best way for coaches or trainers to motivate you?

I look forward to working with you to accomplish your goals!

Ran