



Perfect Fit Personal Training

Exercise Goals

Client Name: _____

What is your main goal for exercising?

Weight loss/gain Building muscle size Building strength

Overall health Lowering blood pressure or cholesterol

Other (please explain)

What is the outcome you are setting your goals for and why is this outcome important to you?

How long have you been thinking about getting into better shape?

Does your spouse or family support you in your endeavor to enjoy a more fit and healthy lifestyle?

What has stopped you from either getting starting or staying on a consistent exercise program in the past? Why or how is that going to be different this time?

Are you participating in any physical activity now? What & how often?

If not, how long has it been since you've been involved in a regular exercise program?

On a scale of 1-10, how serious would you say that you are towards accomplishing your health and fitness goals?

Have you ever had a health/fitness program designed for you by a professional trainer before?

Do you have any physical restrictions?

How much time per week are you willing to commit towards accomplishing your fitness goals?

What type of cardiovascular exercise do you enjoy the most?

Treadmill Elliptical machine Bicycling Swimming Walking

Other (explain)

Is there any thing not previously mentioned that would prevent you from getting starting on a regular exercise program today?

Client Signature: _____

Date: _____