



Personal Profile “tell us about you”

We want to help you! Please take a few minutes to provide us with some personal information. You can answer the questions yourself or work through these with your instructor.

Your First Name _____ Your Surname _____

Your Address _____ Postcode _____

Mobile Phone _____ Home Phone _____ Work Phone _____

Your Email _____ Your DOB _____

Emergency Contact Name _____ Their phone _____

Your occupation _____ Todays Date _____

Health and Fitness Goals

What do you hope to achieve from your exercise program? Please circle the number which best represents the importance of this goal where **1** = extremely important, **3** = somewhat important and **5** = not important.

I need to get fitter	1	2	3	4	5	Other important goals?
I need to get stronger	1	2	3	4	5	_____
I need more energy	1	2	3	4	5	_____
I want more muscle	1	2	3	4	5	
I want muscle definition	1	2	3	4	5	
I want to lose weight	1	2	3	4	5	
I need to get more flexible	1	2	3	4	5	

My **number 1 goal** right now is _____

I would like to achieve this goal by _____

Why is this goal so important to you? _____

Are there any reasons why you can't achieve this goal? _____

About You

Are you currently exercising or playing sport? If so, please describe how often and how hard this activity is.

Which statement describes you the best when it comes to exercise (please tick)

Self-motivated Prefer a training partner Need regular help Tend to lose motivation

In 1-2 words, describe your current health, fitness and bodyshape? _____

Let's be more specific now – circle the number below to describe how you are feeling at the moment.

How **ENERGETIC** are you?

1 2 3 4 5 6 7 8 9 10

I just want to sleep

I am the energizer bunny

How **HEALTHY** do you feel?

1 2 3 4 5 6 7 8 9 10

