

Fitness Intake Form

- **Name:**

- **Contact information:**

- **Phone**
- **Email**

1. What is the main goal you'd like to achieve with your fitness program?
 - Weight Loss
 - Strength
 - Improve Body Composition (decrease body fat while increasing muscle tone)
 - Flexibility / mobility
 - Overall health
- Are you looking for Fitness Coaching for:
 - Yourself
 - You're family
 - Your workplace
 - You and a friend/family member
2. How would you rate your experience with fitness? (Pick one)
 - Beginner
 - Intermediate
 - Advanced
3. Have you ever had a fitness coach? (Pick one)
 - Yes
 - No
4. Do you have any aches / pains / previous or current injuries? (Pick one)
 - If yes, please explain
 - No
5. How motivated are you to achieve your fitness goals? Choose a number between 1-10, (1= it's not very important, 10 = it's the most important thing in your life) and explain why you chose that number (there's no wrong answer).
6. How do you feel about your current nutrition "plan". (Pick one)
 - Good
 - It's ok
 - Needs help

7. Can you briefly describe your daily eating habits? (ie. cook at home, fast food, count macros, or any other program you might be following, etc?)

We would love to meet with you in person and have a full fitness consultation where we could dive a little deeper into your answers and discover what opportunities are available to you. If we are able to, would this week or next be better for you?