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| **e\_ fitness & health** |
| **Instructions**  This is your comprehensive client information sheet. With this sheet, we will ask you to provide some relevant personal information. The answers to these questions are essential in order to allow us to design an optimized individual fitness program for you.  **Please answer all questions** in the most accurate manner possible while being as concise as possible. |
| Basic Information |
| 1.What is your gender? 2. What is your age? 3. Date of Birth |
| 4. Height 5. Weight |
| 6. What are your specific goals? (Please rank 1 being most important 8 being least)? |
| Improved Health Improved Endurance Increased muscle mass Fat Loss |
| Increased strength Increases Weight Increases Power Sport Specific |
| 7. Is there a specific timeline for achieving a specific goal? Please explain |
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| 8.Are you currently exercising regularly ( at least 3x per week) ? |
| 9. If so, How long have you been consistently doing so with out a break? |
| 10. Briefly explain your current routine. |
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| **Lifestyle Information** |
| 11. What do you do for a living? |
| 12. What is the activity level at your job? None Moderate High |
| 13. Please list any diagnosed health problems : |
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| 14. Please list any medication you are taking. |
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| 15.Please list any injuries. |
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| **Nutrition** |
| 16. Please provide a Three-Day record. Be sure to log anything you eat or drink. Make sure it represents you. This is a No Judgement Zone! |
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| If there is any other information you think relevant to your program design, please share with us. |
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