

Fitness Profile

Welcome to Courts Plus Fitness Center!

The purpose of this profile is to provide our Personal Trainers with clear information regarding your current fitness level and to assist us in developing an effective program personalized to your desired goals. You will receive a call from one of our Personal Trainers within 48 hours who will discuss with you how to approach your goals. Please contact Kelly Kisell if there is anything else we can do to help you meet your fitness needs.

Name: _____ Date: _____

Address: _____ City: _____ Zip: _____

E-mail address: _____

Phone: (day) _____ (evening) _____ Staff Member: _____

Gender: _____ Age: _____

- Male
- Female

1. Are you physically active at this time? If so, what have you been doing, how often and for how long? _____

2. What are some of your reasons for choosing Personal Training?

- Increase cardiovascular fitness
- Improve muscle tone
- Sports conditioning (please specify) _____
- Nutritional Guidance
- Increase muscle strength and/or size (please specify) _____
- Injury rehabilitation (please specify) _____
- Weight loss/gain/management (please specify) _____

Please continue on other side>>>>

3. What is your primary limitation in maintaining a regular fitness program?
 - Time
 - Motivation
 - Family obligations
 - Limited personal hours
 - Financial

4. What time of day do you plan to exercise at Courts Plus Fitness Center?
 - 5:00 – 8:00 AM
 - 8:00 – 11:30 AM
 - 11:30 – 2:30 PM
 - 2:30 – 6:30 PM
 - 6:30 – 8:30 PM
 - 8:30 – 11:00 PM

5. Would you prefer a male or female Trainer?
 - Female
 - Male
 - No preference

6. Do you have any injuries or illnesses that may limit your capacity to exercise? If so, please explain: _____

OFFICE USE ONLY:

PAID (Y/N): _____	
Date received by Director: _____	Package: _____
Trainer: _____	Consult Date: _____
Trainer Notes: _____	

