

Personal Training Orientation

Name _____

Height _____ Weight _____ Age _____

Body Fat _____ Fat Mass _____

Present Activity Level: Low Moderate High

Target Heart Rate Training Zone _____

Referred By _____

AREAS OF INTEREST (check all that apply)

- | | | |
|---------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Firm & Shape | <input type="checkbox"/> Increase General Health | <input type="checkbox"/> Motivation |
| <input type="checkbox"/> Post Rehab | <input type="checkbox"/> Reduce Body Fat | <input type="checkbox"/> Strengthen |

SPECIAL INTERESTS (check all activities you're currently involved in or enjoy participating in)

- | | | |
|--|--|--|
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Golf | <input type="checkbox"/> Rock Climbing |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Hiking | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Jogging | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Boxing / Self-Defense | <input type="checkbox"/> Martial Arts | <input type="checkbox"/> Stretching |
| <input type="checkbox"/> Core / Stabilization Training | <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Football | <input type="checkbox"/> Power Walking | <input type="checkbox"/> Yoga |

Other Information _____

Personal Training Policy

- (1) Each training session is based on 60 minutes. To get the most out of your efforts, please be ready to exercise at the appointed time.
- (2) There will be no charge on sessions that are cancelled with at least a 12-hour notice.
- (3) Appointments and cancellations can be made by calling my 24-hour voicemail at (512) 363-3637.
- (4) Training sessions may take place at my studio, your home, or on location (beach, park, etc.).
- (5) Please wear comfortable workout clothes and appropriate workout shoes.