



## PERSONAL FITNESS GOALS

### Fitness Goals (Short Term):

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### Fitness Goals (Long Term):

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Have you ever worked with a personal trainer before? If yes, when, where, and how long?

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Do you need help with your diet?

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If so, would you like us to contact you about a nutritional program?

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How many times per week would you like to train?

- 1x / week \_\_\_\_\_
- 2x/week \_\_\_\_\_
- 3x/week \_\_\_\_\_
- 4x/week \_\_\_\_\_
- Full hour \_\_\_\_\_
- ½ hour \_\_\_\_\_

Would you like to focus specifically on any of the following?

Flexibility\_\_\_Strength\_\_\_Endurance\_\_\_Agility\_\_\_Balance\_\_\_Speed\_\_\_  
Power\_\_\_ Sports Specific Training \_\_\_ Rehabilitation \_\_\_ Other\_\_\_

Notes:

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