

Consultation

Trainer Name	Date	
Client Name	Address	
Client Number		

What's your biggest motivation to starting a programme & why now?

Specific Goals & Targets?

Previous training experience

Have you had success with fitness before? If so, or not, why?

What are your biggest barriers?

What's your diet and nutrition knowledge

Do you have access to a gym? What equipment do you have?

Where would you like to train?

What would you want from me as your personal trainer?

How many sessions per week are you looking to train in total and with a trainer?

Any final Notes....