

# Your Personal Profile

## Your contact details

Your name:

Email:

Contact number:

## Your background

How did you find out about us:

Signage  Advertising  Social media  Website  Word of mouth

Have you been a member of a health club before? Yes  No

Is the gym convenient to home or work? Home  Work

How long have you been thinking of getting started?

1 month  3 months  6 months  1 year or more

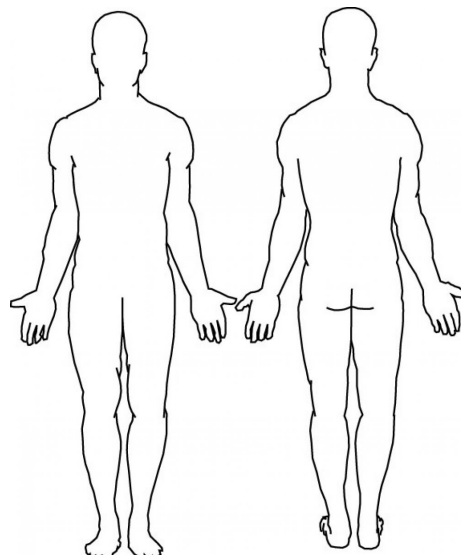
## Your health goals

What are your most important goals to achieve:

Weight loss  Build muscle  Firming/Toning

Increased Fitness  Sports Performance

What are the three main body part you would like to achieve these results on:





# Your Personal Profile

## Your health goals

Has there been anything to prevent you from getting started in the past?

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Have you ever had personal training before?

Yes  No

Would you consider having a professional guide to help and support you?

Yes  No

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How many days per week are you hoping to train?

1—2  2—3  4—5  5 or more

How Long do you have to train ?

30 mins  45 mins  60 mins

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Is there someone else you would like to train with? Yes  No

Name:

Phone number:

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