

Your Personal Profile

Your contact details

Your name:

Email:

Contact number:

Your background

How did you find out about us:

Billboards 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

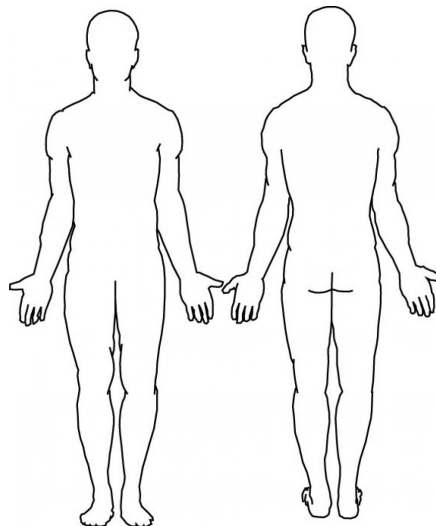
Do you have any pre-existing medical conditions Yes No

(if yes please specify) _____

What are your most important goals to achieve:

Weight loss Build muscle Firming/Toning
 Increased Fitness Sports Performance Mental Health

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





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Your health goals

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

How many days per week are you hoping to exercise?

1—2 2—3 4—5 5 or more

How Long do you have to exercise ?

30 mins 45 mins 60 mins
