



Personal Training Inquiry Form

Name: _____ Age: _____

Gender: _____ Male _____ Female

Email Address: _____

Phone: (____) _____

Weight: _____ Height: _____

Do you have a preference on the gender of the trainer?

_____ Male _____ Female _____ Indifferent

Is there a specific trainer you would like to work with? _____

How many sessions are you interested in purchasing? _____

What time of the day would you like to train? _____

How many day a week do you want to train? _____

What is your present activity level? Please explain: (ex. Inactive, active, etc.)

What are your goals?

Do you have weight training experience (please specify)?

Additional Comments:

Please allow 48 business hours for a response.