

Client profile

Name _____ Date of birth _____ Date _____
Address _____ Phone _____
_____ Email _____

What time do you have available to train/exercise taking into account work etc?

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What are your goals and what do you hope to achieve?

Short term
Medium term
Long term

What is your current level of sporting/exercise activity?

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What previous exercise or sport experience do you have?

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What specific skills/areas/targets would you like to focus on?

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What type of activity do you like/dislike?

Do you lead a generally healthy lifestyle in terms of diet, drinking or smoking?

What situations or experiences cause you unwelcome stress?

Finally, how did you hear about inspire2tri?