

Client Intake Form

Personal Details

Please complete all required fields (*)

Contact Information

- Full Name:
- Email Address:
- Phone Number:
- Age:

Gender:

Location (City):

Health & Safety Assessment (PAR-Q)

Please answer these questions honestly. If you answer 'Yes' to any question, please consult your doctor before starting a new exercise programme.

☐

- Do you have a heart condition that requires medical clearance before exercise?

☐

- Do you experience chest pain during physical activity?

☐

- Have you had chest pain in the last month when not exercising?

☐

- Do you experience dizziness, loss of balance, or loss of consciousness?

☐

- Do you have any bone or joint problems that could be aggravated by exercise?

☐

- Are you currently taking any prescribed medication for blood pressure or a heart condition?

☐

- Do you have any other medical conditions that may affect exercise?

If you answered 'Yes' to any of the above, please provide details:

Fitness Goals

- What are your primary fitness goals? (Select all that apply)

☐ Weight Loss

☐ Muscle Gain

☐ Endurance

☐ Strength

☐ General Fitness

☐ Rehabilitation

☐ Stress Reduction

- Please describe your specific goals in detail:
- Desired timeframe to achieve these goals:

Availability & Scheduling

- Preferred training times (select all that apply):

☐ Morning (6am-12pm)

☐ Afternoon (12pm-5pm)

☐ Evening (5pm-10pm)

- Preferred training environment:

☐ Gym

☐ Home

☐ Outdoors

☐ Online

Current Activity Level & Habits

How would you describe your current activity level?

☐ Sedentary (Little to no exercise)

☐ Lightly Active (1-2 days per week)

☐ Moderately Active (3-4 days per week)

☐ Very Active (5+ days per week)

Average daily steps:

Current exercise routine (if any):

Hours of sleep per night:

Stress levels (1-10):

Nutrition Habits

Typical daily meals:

Water intake (glasses per day):

Dietary restrictions or preferences:

Additional Notes

Please share any other concerns or requests:

By submitting this form, you confirm that all information provided is accurate to the best of your knowledge.