

Client Intake System - Data Structure

Personal Information Fields

Field Name	Type	Required	Notes
Full Name	Text	Yes	Client's full name
Email Address	Email	Yes	Primary contact email
Phone Number	Phone	Yes	Primary contact number
Age	Number	Yes	Age in years
Gender	Select	No	Male, Female, Non-Binary, Prefer Not to Say
Location (City)	Text	No	Optional if location is relevant

Health Screening Questions (PAR-Q)

Field Name	Type	Required	Options
Heart Condition Requiring Medical Clearance	Select	Yes	Yes/No
Chest Pain During Physical Activity	Select	Yes	Yes/No
Recent Chest Pain When Not Exercising	Select	Yes	Yes/No
Dizziness or Balance Issues	Select	Yes	Yes/No
Bone/Joint Problems	Select	Yes	Yes/No
Blood Pressure/Heart Medication	Select	Yes	Yes/No
Other Medical Conditions	Select	Yes	Yes/No
Further Medical Details	Text	No	Required if any 'Yes' answers above

Training Preferences and Goals

Field Name	Type	Required	Options/Notes
Primary Fitness Goal	Multi-Select	Yes	Weight Loss, Muscle Gain, Endurance, Strength, General Fitness, Rehabilitation, Stress Reduction, Other
Specific Goals	Text	Yes	Detailed personal training goals
Timeframe for Goals	Select	Yes	Less than 1 month, 1-3 months, 3-6 months, 6+ months, No Specific Timeframe
Preferred Exercise Types	Multi-Select	Yes	Strength Training, Cardio, Yoga, Pilates, HIIT, Dance, Outdoor Activities, Other
Exercises to Avoid	Multi-Select	No	Strength Training, Cardio, Yoga, Pilates, HIIT, Dance, Outdoor Activities, No Preference, Other
Injuries or Restrictions	Text	Yes	Important for safety & tailoring sessions
Preferred Training Environment	Select	Yes	Gym, Home, Outdoors, Online, No Preference
Preferred Training Times	Multi-Select	Yes	Morning, Afternoon, Evening, No Preference

This structure can be converted into a database once created in Notion. Each field has been carefully considered to gather comprehensive client information whilst maintaining data organisation.