

GETTING TO KNOW YOU FORM

ENQUIRY TYPE Phone Walk in Internet Social Media Referral Other

Name ➤

Mobile No.

E-mail ➤

FACE TO FACE

- Do you live or work locally?
- What brought you to a female only fitness facility today?
- Are you currently exercising?
- What are your current health and wellness priorities?
 - ☐ Weight loss ☐ Strength ☐ Anxiety & depression relief
 - ☐ Weight gain ☐ Tone ☐ Stress relief
 - ☐ Fitness ☐ Health ☐ Improve Digestion
 - ☐ Time for me ☐ Improve confidence ☐ Improve energy
 - ☐ Other
- What specific date do you want to achieve this by? ____/____/____
- How many visits each week can you fit into your lifestyle?
- When will you be training?
 - ☐ Morning ☐ Mid-morning ☐ Afternoon
 - ☐ Evening ☐ Weekends
- On a scale of one to ten, with ten being the highest, how ready are you to start achieving these goals?
- Who did you tell that you were coming into the club today? Are they supportive of you getting started?