

Client Onboarding Form

Dan Scott Fitness Coaching

Please complete this form as thoroughly and honestly as possible. Your answers are used to build your training and nutrition plan and guide your coaching.

Basic Information

- Full Name
- Email Address
- Age
- Height
- Current Body Weight

Goals & Priorities

- Primary goals
- Secondary goals (if any)
- Timeline or upcoming events
- What matters most right now

Training Background

- Training experience length
- Experience level
- Recent training style
- Exercises you enjoy or dislike
- Current program (if applicable)

Injuries & Medical

- Current or past injuries
- Movements avoided or modified
- Medical conditions affecting training or nutrition
- Medications (if applicable)

Schedule & Lifestyle

- Training days per week
- Typical weekly schedule
- Preferred training time
- Stress levels
- Average sleep per night

Equipment & Environment

- Training location
- Available equipment
- Equipment or space limitations

Nutrition Background

- Current nutrition habits
- Previous nutrition approaches
- What has worked well
- What has not worked well

Food Preferences & Constraints

- Food allergies or intolerances
- Foods disliked or avoided
- Dietary preferences
- Preferred meals per day

Consistency & Adherence

- Barriers to consistency
- Biggest areas needing support
- Consistency over past 3–6 months

Coaching Expectations

- What you want coaching to help with beyond workouts
- What success looks like
- Any concerns or hesitations

Final Notes

- Anything else your coach should know

Thank you for completing your onboarding form. I'll review this information carefully and use it to build your training and nutrition plan. We'll walk through everything together during your first coaching call.