

Client intake form (example)

Client goals & constraints

Primary goal: hypertrophy. Available days: 3. Session length: 60 minutes.

Constraint: shoulder pain during pressing; prefers neutral-grip dumbbells.

Available equipment can change week-to-week based on gym access.

Notes for coach

When shoulder pain is present, avoid barbell overhead pressing and use pain-free alternatives.

Include rotator cuff work (external rotation) and scapular stability work (face pull)
2-3x/week.

Keep decisions explainable: show why each exercise was selected and which constraints were applied.