Personal Training Intake Form

Date: August 10, 2023

Name: August Fairbank

Date of Birth: March 23, 1972

Height: 5'11

Weight: 280 lbs

Address: 1135 Shadowmar Drive, Metairie, LA

Contact Number: 504-849-5459

E-mail: august.fairbank@gmail.com

Do you have any diagnosed health problems?

- [x] Yes
- [ ] No

If yes, what are they?
High blood pressure

Are you taking any medications for them?

- [ ] Yes
- [x] No

If yes, what are they?

Are you currently injured? Have you been injured before?

- [ ] Yes
- [x] No

If yes, what are they?

Are you following a specific diet (e.g., low-fat, low-carb, vegan, high-protein)?

- [ ] Yes
- [x] No

If yes, please specify what you typically eat or drink.

How many hours do you regularly sleep at night? 5-6 hours

How many glasses of water do you consume daily? 7-8

Do you drink caffeine?

☐ Yes

☐ No

If yes, how many cups daily? 1

Do you drink alcohol?

☐ Yes

☑ No

If yes, how many glasses daily/weekly? _____

Do you consume carbonated beverages?

☐ Yes

☑ No

If yes, what beverage/s and how many daily/weekly? _____

Do you smoke?

☐ Yes

☑ No

If yes, what do you smoke, and how many daily/weekly? _____

FITNESS

How would you describe your daily stress level?

There are days wherein I feel very stressed to the point that I can't sleep for longer than 3-5 hours.

How would you describe your daily activity/fitness level?

Mostly have a sedentary lifestyle. Do get encouraged to exercise and walk every so often, maybe, once a week.

How do you stay active? What activities do you do for strength and/or cardio? How often do you do these activities?

I usually walk since I have a hard time with other exercises and my joints, especially in the knees, hurt.

What are your fitness goals?

I aim to be healthier and preferrably lose weight.

How many sessions do you want weekly? What are your preferred training days and times?

I would like to have 3-4 sessions weekly at first. I prefer morning for all of my sessions and two sessions must be on the weekends.

Do you have any trainer preferences? None.