



PERSONAL TRAINING CLIENT INTAKE FORM

Disclaimer: Thank you for your interest in being a client of
This form is used to collect information about new clients and used for internal purposes only. The information you provide is confidential and will be treated accordingly.

CLIENT INFORMATION

Name: _____ Gender: ☐ Male ☐ Female ☐ Other

Street Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____ Phone: _____

Preferred Contact Method: ☐ E-mail ☐ Phone ☐ Text Message

Emergency Contact: _____ Phone: _____

CURRENT FITNESS LEVEL & GOALS

Why do you want to work with a personal trainer?

What are your fitness interests and favorite activities?

What are your fitness goals?

Personal Training Client Profile Template

SB Merriam

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

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