**Client Information Sheet**

Your Logo Here

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| **Name & Nickname** | **Spouse/partner/children** | **Vocation** | **Interests** | **Notes/Motivations** | **Trained from** | **Preferred workouts** | **Injuries** |
| John Smith  (Smithy) | Lorraine (wife)  Natalie (daughter) | Construction Worker | Sailing | Wants to lose weight for family holiday in 3 months time | Dec 2019 to present | (insert client’s preferred workouts here) | Injured left knee ACL while sailing (2010) |
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