Your Logo Here

**Client Intake Form**

Please fill in this client intake form that will provide me personal information for my records.

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**Personal Details**

|  |  |
| --- | --- |
| **Title** |  |
| **Last name** |  |
| **First name** |  |
| **Nickname (if any)** |  |
| **Phone number (home)** |  |
| **Phone number (work)** |  |
| **Cell phone number** |  |
| **Email address** |  |
| **Preferred mode of contact**  **(text, phone call, email)** |  |
| **Date of birth** |  |
| **Marital status** |  |
| **No. of children** |  |
| **Spouse’s name** |  |
| **Spouse’s birthday** |  |
| **Children’s names** |  |
| **Children’s birthdates** |  |
| **Other important days in your life** |  |
| **Occupation** |  |
| **Employer** |  |

What are your expectations when it comes to working out in a gym with a personal trainer?

What information do I need to know about you that will allow me to coach your more efficiently?

When it comes to fitness goals, where do you see yourself in:

5 years time: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

10 years time: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

15 years time: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**