



Gr8FITness CLIENT PROFILE

NAME _____ DATE _____

BIRTHDATE _____ AGE _____ Email address: _____

PHONE # (Home) _____ (Business) _____ (Cell) _____

8 COLOR TYPE Blue Gold Red Green Silver Saffron White Purple

Efficient Harmony
1. How much time will you devote to an exercise program? _____ min./day _____ days/wk.

2. How do you plan to work? On my own At a fitness facility With a trainer

3. Are you currently involved in regular exercise? Yes No

If yes, describe what you are currently doing. _____

Rate the level of exertion of your current program.

Light Fairly light Somewhat hard Hard

4. How long have you been exercising regularly? _____

5. In what other exercise, sports or other recreational activities, do you take part? _____

6. What time each day do you prefer to work out? _____ A.M. _____ P.M.

7. Rank your fitness goals from 1 (Extremely important) to 10 (Not at all important)

- _____ A. Improve cardiovascular fitness
- _____ B. Reducing body fat/weight
- _____ C. Reshape or tone my body
- _____ D. Improve performance for a specific sport (Which sport? _____)
- _____ E. Improve moods and ability to cope with stress
- _____ F. Improve flexibility
- _____ G. Increase strength
- _____ H. Increase energy level
- _____ I. Feel better
- _____ J. Enjoyment
- _____ K. Other (Explain your specific goal _____)

8. If weight loss is your goal, by how much would you like to change your current weight?

(+) _____ lbs. (-) _____ lbs.

9. Are you currently following any specific diet plan, such as Weight Watchers, liquid protein diet, etc.?

10. How would you like to be held accountable?

_____ I prefer to take care of my own accountability.

_____ family member or “buddy system”

_____ email documentation with responses from trainer

_____ check-in phone calls from trainer How often? _____

_____ periodic group motivational get-togethers

_____ periodic check-ins and scheduled program changes from trainer

_____ Other: (Please explain.) _____

11. Are you likely to consult a website for fitness information? Yes No

If yes, what type of information would be most helpful to you?

_____ Information on eating to properly fuel the body

_____ New routines to vary exercises

_____ Research findings concerning health, nutrition, fitness

_____ Connection to others with similar goals

_____ Equipment recommendations

_____ Links to news articles or experts concerning fitness

_____ Links to tools to count calories, document progress

_____ Links to upcoming/ongoing fitness opportunities, such as events, classes, speakers, 8 color presentations, etc.

_____ Motivations, positive affirmations to keep me going

Please describe any other uses for which you would consult a fitness website.



Thank you for helping *gr8FITness* help you reach your fitness goals.