



Running and Fitness Solutions

Complete Rebuild Personal Training Client Questionnaire

Please write in your answers in full for each question

Name:	Male / Female
Full Address:	
Post Code:	Date of Birth:
Home Tel No:	
Mobile No:	
E-mail:	
Occupation:	
How did you hear about us?	
What would you like to achieve?	
What is your timeframe for this?	
Why do you want to achieve this?	
What are you expecting from our services?	
Describe your current situation – levels of fitness, dietary habits, sleep quality, daytime energy levels, alcohol intake, etc.	



What have you previously done to improve your Health/Fitness?

Previous fitness levels, illness medical history?

What days/times would you be looking to train? (morning/evening/weekend)

What are you prepared to do to achieve your goals?

Will you commit to training with us at least twice per week for a minimum of 8 weeks?

Will you commit to training at least two times per week on your own (we will give you a programme), for 20-30 minutes?

Will you commit to following all our advice, to the letter, for the duration of your coaching?

Will you commit to completing a training diary (daily) for the duration of your programme?

Will you commit to turning up on time for each session, attend all sessions, be positive in your attitude and have fun during all our sessions?