

GOAL-SETTING & BACKGROUND

***This Form Is So We Can Properly Analyze How To Best Get You To Your Goals,
With No Guess Work.***

Name: _____ Date: _____

YOUR GOALS: Please *Circle* That Which Applies.

<ul style="list-style-type: none">● Lose Body Fat. Develop Muscle Tone. Increase Muscle Size; Strength; Overall Fitness. Nutrition● Sports Specific training● Accountability/Motivation● Military PT	<ul style="list-style-type: none">● Rehabilitate an Injury.● Recovery from a Stroke● <i>Strength building for:</i> CMT; Parkinson's; Fibromyalgia; Etc.● Other _____
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1. **Previous/present-day sports or activity (& How Many Yrs.):** _____
Your most recent exercise & for how long: _____
2. **Please list the 2-3 TOP fitness goals you'd like to achieve in the next 3-12 Months.**

3. **Why did you decide to use a Personal Trainer at this particular time, & not sooner?**

4. On a **scale of 1 – 10**, 10 being "I'm all in"; where are you? _____?
Why? _____
5. **What are the Obstacles, Behaviors, or Activities, that could, or have, *impeded* reaching your goals.** (i.e. not training consistently; busy at work; not following a fitness program properly; allowing other responsibilities to become a priority over your health; boredom/not fun; no immediate results; lack of accountability; too hard or too easy; cost; etc.).

6. **What is the # 1 thing that 'WE' as trainers, can do to help get you to where you've been wanting to go?**

MISCELLANEOUS QUESTIONS:

- **How did you hear about us?** (circle). Post card. Word of mouth. Google. Yelp. Facebook. Website. Referral (name) _____. Other _____
- **Why did you choose to train with Body By Wally instead of another organization?** (circle all that apply) Location. Our reputation/Experience. Cost. Word of Mouth. Our training methods & style. Google ratings. Other _____