FITNESS-V

Your details

Name: ………………………………………………….

Address: ……………………………………………….

Postcode: ……………………………………………...

Home phone: ………………………………………….

Mobile: ………………………………………………....

Work: …………………………………………………..

Email: …………………………………………………..

About yourself

Age: ……………………………………………………..

Gender: …………………………………………………

Height: ………………………………………………….

Weight: …………………………………………………

Which sports did/do you practice? For how long?

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Have you ever been a member of fitness facilities? If yes, for how long?

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What regular exercise are you doing at the moment?

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What would you like to change or to improve?

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Have you got specific goals?

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