

MUSCLE POWER JOURNEY

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PERSONAL TRAINING QUESTIONNAIRE

Name		Tel	
E-mail		Date	

Current weight in kg		Age	
Current height in cm		Ethnicity	

Primary health and fitness goals? What will success look like?

On a scale of 1-10, how important are they, and how confident are you that you can achieve them?

	Importance	Confidence
1) -----	-----	-----
2) -----	-----	-----
3) -----	-----	-----

Fitness & Lifestyle History:

Medical History & Current Injuries:

Current nutrition & Food Allergies:

Hobbies & Interests:

What are your preferred activities?

