



MUSCLE POWER JOURNEY

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“
STRONG MIND.
STRONG BODY.
STRONG YOU.
”

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?



STRONG MIND.



STRONG BODY.



STRONG YOU.