

LIFE

QUESTIONNAIRE

STORY

Welcome to our Fitness Training Program!

Kindly answer the questions below before your first session. We are excited to work with you and want to learn more about you.

01

My Life Story

My full name is:	
I like to be called:	
My date of birth:	
My life story was written on (date):	

I was born in (place of birth):	
Mother's name:	
Father's name:	
I had _ (number) of brothers and sisters:	
There names are:	
My mother worked as a:	
My father worked as a:	
Other relatives that lived with us:	

My childhood home was (description):	
My favorite toys were:	
My favorite pets were:	
My best friend(s) in school was/were:	
When I grew up, I wanted to be a:	

My first job was:	
Other jobs I had include:	
My favorite job was:	
I worked there for (years/months)	
My least favorite job was:	
I didn't like it because:	

My Family & Friends

My wife/husband/partner's (if applicable) name is:	
We first met in (year):	
(If married) We were married in (year):	
at (location):	
Our wedding was (describe):	
Our first home together was in:	
We have _children (if applicable):	
Their names are:	
Favorite pets:	

Travel & Holidays

Places I have traveled to include:	
My favorite holiday ever was:	
My favorite way to travel is (car/boat/plane...):	
As a child, I spent my holidays:	

Activities and Interests

Hobbies I enjoy:	
Sports I enjoy playing/watching:	
Types of exercise I enjoy:	
Music I like to listen to:	
Place I like to visit (cafes, concerts, parks...)	
Movies/Television programs I enjoy:	

Likes & Dislikes

Foods I like to eat:	
Foods I do not like:	
Activities I do not enjoy participating in:	
Things that upset me:	
Topics I like talking about:	
Things that help me to relax:	

THANK
YOU!

That should be all for now. We're
excited to get to know you more.