Tonia Moore Fitness

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**TMF Questionnaire**

Name

Phone#

City, State

Age

Height

Weight

What brought you here to Tonia Moore Fitness?

Have you ever done personal training or online coaching before? If yes, how long ago?

Any health issues?

On any medications?

Any physical Injuries and or surgeries?

Any allergies to foods or supplements?

Tobacco or Alcohol use? If so, how much/often?

What's your occupation?

How physical is your work? (Mostly sitting, moderate, vigorous)

Rate your level of daily stress 1-10 (1=very low, 10=very high)

List your 3 biggest sources of stress:

What's your daily activity like?

(Very active, somewhat active, mod active, or low activity)

On average, how many hours of sleep do you get each night?

Do you workout or do any type of fitness program/regimen now?

If so, how often?

What was the weight you last felt your best?

What are your health and fitness goals?

Honestly, why do you think you haven’t hit your goals yet?

What's your WHY for being here today? What drove you to make this decision to seek out a trainer/fitness program? Why now?

Where would you like to see yourself in the next 3 to 6 months?

On a scale from 1 to 10, 10 being the highest, how serious are you about making a change?

Are you ready to invest in yourself TODAY?

Any other notes or comments.