




TONIA MOORE FITNESS - QUESTIONNAIRE (PAR-Q)

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◆ BASIC INFO

Full Name:

Phone #:

City, State:

Email Address:

Age:

Height:

Current Weight:

◆ HEALTH & MEDICAL HISTORY

Do you have any current or past health conditions I should know about?

Are you on any medications?

Have you had any injuries or surgeries? If so, please describe.

Any known allergies to foods, supplements, etc.?

Do you use tobacco or alcohol? If so, how much/how often?

◆ LIFESTYLE SNAPSHOT

Occupation:

How physical is your work?

☐ Mostly Sitting ☐ Moderately Physical ☐ Highly Physical

Rate your daily stress (1-10):

Top 3 sources of stress right now:

- 1.
- 2.
- 3.

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What's your daily activity level?

☐ Very Active ☐ Somewhat Active ☐ Moderately Active ☐ Low Activity

Average hours of sleep per night:

Do you currently follow any workout or fitness regimen?

If yes, what and how often?

Do you travel often or have an unpredictable schedule?

☐ Yes ☐ No

♦ NUTRITION & HABITS

Do you prep your meals, eat out often, follow a specific eating style?

Any dietary restrictions, preferences, or food sensitivities?

On average, how many meals per day do you eat?

Do you use any supplements currently? If so, which ones?

♦ GOALS & MOTIVATION

What brought you here to Tonia Moore Fitness?

What specific results do you want to see? (How you want to look, feel, perform, etc.)

What was the weight or shape you last felt your best?

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

What have you tried in the past to reach your fitness goals?

What worked? What didn't?

Why do you think you haven't achieved your goals yet? Be honest — this helps me help you.

How has your current condition (weight, energy, confidence, etc.) affected other areas of your life? *(Think: relationships, mental health, job performance, self-esteem.)*

If nothing changes in the next 6-12 months, how would that make you feel?

What's your deeper "WHY" for being here today? What drove you to reach out and say: "It's time"?

♦ **COMMITMENT & COACHABILITY**

On a scale of 1–10, how serious are you about making a change?

On a scale of 1–10, how coachable are you?
(10 = "Tell me what to do and I'll do it!")

How do you typically respond when things get tough or you hit a setback?

Who in your life supports you on this journey? Anyone who may hold you back?

How many hours per week are you willing to dedicate to training, nutrition, and recovery?

♦ **INVESTMENT & READINESS**

Have you worked with a personal trainer or coach before?

If yes, when and for how long?

What types of investments have you made into your health in the past?

(Gym memberships, trainers, supplements, fitness apps, etc.)

If we determine this is a great fit and I can help you reach your goals, are you ready to commit and invest in yourself today?

☐ Yes ☐ Possibly ☐ Not at this time

♦ **FINAL THOUGHTS**

Is there anything else you'd like me to know about you?

Any questions or concerns before we move forward?
