



DIZONFIT Boutique Studio Application

(DIZONFIT Training Studio: Main & Gerrard, Toronto)

Name:

Phone:

Email Address:

Date of Birth:

Age:

Health Assessment

General Health

1. In general, would you say your health is:
a) Excellent b) Very Good c) Good d) Fair e) Poor
2. What are your specific health and fitness or yoga goals?
3. Do you have any injuries or conditions or are currently pregnant?

Physical Activity

4. Are you physically active?
a) Yes b) No
5. If you answered yes, how often do you participate in movement or physical activity (sports, fitness classes, running, walking?)
a) Daily b) Twice a week c) 3-4 Times a week d) Weekly

6. If you answered no, how long have you been sedentary?

Lifestyle Questionnaire

7. Have you worked with a trainer or physiotherapist before?

a) Yes b) No

8. How many days a week are you looking to dedicate to your fitness and health goals?

9. How did you hear about DIZONFIT Training Studio?

If you were referred, who were you referred by?

Since we are a private facility, if you were not referred by a current member, we will require a virtual face to face interview through Zoom to see if our studio and trainer will be a good fit.

We look forward to meeting you online! Please let us know if you have any questions. Completed applications can be sent to PublicRelations@DIZONFIT.COM. We will contact you within 48 hours.

Signature:

Date:

Print Name:

