**Online Coaching form**

Please take the time to complete the following questions to the best of your knowledge. The more information you can provide, the better understanding I can get of you and what you want to achieve.

1. Full name:
2. DOB & Age:
3. Gender:
4. Contact number:
5. Whatsapp number with area code:
6. Email address:
7. Preferred way of contact:
8. Current weight:
9. Height:
10. Body Fat%:
11. Muscle mass:
12. Occupation:
13. Main Goal:
14. What has stopped you reaching this goal in the past?
15. Have you had any injuries?
16. Do you have gym access?
17. It is more effective to train in a gym, would you be willing to do this?
18. If you exercise at home, what equipment do you have?
19. What is your dream goal?
20. Do you have any food allergies?
21. Have you used MyFitnessPal before?
22. What do you want to achieve in the next 12 months?
23. On a scale of 1-10, how a ready are you to start training?

This information collected is completely confidential and will not be used or shared with anyone other than your Trainer.

Name ………………………………………………………

Sign ……………………………………….

Date …………………….