



Personal Training Program Pre-Appointment Checklist

- ✓ Please fill out the Health History Questionnaire and the front page of the Consultation and Fitness Assessment form if you receive this paperwork prior to this appointment. Please bring these forms with you to this appointment with your trainer. If not, you will complete these forms during this appointment.
- ✓ The Initial Consultation and Fitness Assessment does not count as one of your sessions, but is necessary as it provides your trainer with valuable client information.
- ✓ Participants who have certain health problems may need to get a Physician's Approval. The form will be provided to you if needed and will need to be completed and approved by your doctor prior to your first personal training session.
- ✓ The day of your initial consultation you will be performing a fitness assessment that will consist of biometric measurements and screening protocols that will help determine your current fitness level and capabilities. The fitness assessment will be comprised of the following: height, weight, blood pressure, pulse, body composition, circumference measurements, range of motion, and squat assessment.
- ✓ It is very important that you do not eat a big meal, drink a large amount of water, exercise, smoke or drink alcohol at least 2 hours prior to your appointment.
- ✓ Please wear clothing that is flexible, such as sweats or shorts and a t-shirt or tank top. It is very important that you also wear athletic shoes with good support. (Women should wear a sports bra under their clothing for the body composition test).
- ✓ Bring a water bottle.
- ✓ Your trainer will set up your first training session after your initial consultation and fitness assessment.
- ✓ Please contact your Personal Trainer directly within 24 hours to cancel an appointment or you may be charged for a missed session.