



Personal Training – Lifestyle Questionnaire

Name: _____ Preferred Pronouns (Optional): _____

Phone #: (_____) _____ - _____ Email: _____

EMERGENCY CONTACT INFORMATION

Name: _____ Relationship: _____

Phone #: (_____) _____ - _____ Email (Optional): _____

All questions are optional. This form helps us to understand your goals and tailor our approach and resources to your situation. We'll discuss some of these in person but sending them beforehand will help maximize time.

1. What are your general health and wellness goals by priority? What motivates you to reach them?

2. What does your current activity look like? (Exercise: type, duration, frequency, preferences; Daily movement: housework, walking, gardening, active hobbies, etc.)

3. What have you tried in the past to meet your goals and did it work well for you? Why or why not?
(Previous trainer, diet change, fitness challenge, habit changes, etc.)

4. What current or upcoming challenges or hurdles might be holding you back from your goals?

5. What strengths, knowledge, people, or things around you are supportive of your wellness goals?



6. Are there any potential changes you're considering to your habits, health, nutrition, and/or body?

7. Do you have any physical limitations, injuries, or pain that might affect exercise ability? Please explain.

8. What is your typical daily diet (including water intake) and any challenges you may face?

9. Please rate your average sleep quality on a scale of 1-5 (1=Poor, 5=Excellent): _____
 - Please explain the rating and any related challenges. (Duration, frequent wakings, etc.)

10. Please rate your average ability to manage stress on a scale of 1-5 (1=Poor, 5= Excellent): _____
 - Please explain the rating and any specific stress management strategies you use.

11. Do you have any other health conditions or take medications that we should be aware of?

12. Is there anything else you would like to share that might be helpful for your trainer to know?

13. What are your expectations of your trainer? (Education, accountability, frequency, communication, etc.)