

Campus Recreation
F•I•T First Personal Training Program
Health Questionnaire

Date ____/____/____

First Name: _____ Last Name: _____

Address 1: _____

Address 2: _____

City, State, Zip: _____

ID# _____ or membership # _____ Gender: M or F

Date of Birth: ____/____/____ Phone # _____ E-Mail _____

Affiliation: Undergraduate Graduate Doctorate Faculty/Staff Alumni Other
Specify: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

1. What are your long-term health and fitness goals? _____

2. How do you expect the personal trainer to help you meet your fitness goals?
3. How many sessions do you plan to have with one of our personal trainers? _____
4. What type of information would you like the trainer to cover in the sessions? (check all that apply)
 Weight Loss Muscle Building Other: _____
5. Do you prefer working with a: Male Trainer Female Trainer No Preference
6. Is there a **F•I•T** First trainer whom you are requesting? If so, please list _____.
7. Do you have any pre-existing injuries or physical restrictions that may limit your ability to execute certain exercises? If so, please list.
8. Do you currently take any nutritional supplements or follow any special diet (i.e. vegetarian, low calorie)?
9. Mark the meals you consume in an average day (including snacks):
 Breakfast Snack Lunch Snack Dinner Snack
10. Are you currently taking any medications or drugs? _____
If so, please list medication or drug, dose, and reason:
11. How many hours of sleep do you normally obtain in a day? _____
12. Indicate your energy level by circling the corresponding number:
(very low) 1 2 3 4 5 6 7 8 9 10 (very high)

13. Indicate how you are dealing with daily stress: (circle one)

(not well) 1 2 3 4 5 6 7 8 9 10 (very well)

14. Have you ever begun an exercise program and then stopped?

Yes No If so, when? _____

Why did you stop? _____

15. Typically what time of day would you be available for training? (check all that apply)

	Early Morning 6am-8am	Mid-Morning 9am-11am	Early Afternoon 12pm-2pm	Mid-Afternoon 3pm-5pm	Early Evening 6pm-8pm	Late Evening 9pm-12am
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday	Closed					
Sunday	Closed					