



# *Fitness Profile*

Welcome to Courts Plus Community Fitness!

The purpose of this profile is to provide our Personal Trainers with clear information regarding your current fitness level and to assist us in developing an effective program personalized to your desired goals. You will receive a call from one of our Personal Trainers within 48 hours to schedule your initial consultation. Please contact Wayne Herrick if there is anything else we can do to help you meet your fitness needs.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Staff Member: \_\_\_\_\_

Gender: \_\_\_\_\_ Age: \_\_\_\_\_

Male

Female

1. Are you physically active at this time? If so, what have you been doing, how often and for how long?

\_\_\_\_\_  
\_\_\_\_\_

2. What are some of your reasons for joining Courts Plus?

Increase cardiovascular fitness

Improve muscle tone

Sports conditioning

Nutritional guidance

Increase muscle strength and/or size

Injury rehabilitation (specify)

Weight loss/gain/management

Other \_\_\_\_\_

**\*Please continue on other side >>>**

3. What is your primary limitation in maintaining a regular fitness program?

- Time
- Motivation
- Family obligations
- Limited "personal" hours
- Financial

4. What time of day do you plan to exercise at Courts Plus?

- Early morning
- Mid morning
- Mid-day
- Early evening
- Late evening

5. Would you prefer a consult with a male or female Trainer?

- Female
- Male
- No preference

6. Do you have any injuries or illnesses that may limit your capacity to exercise?

If yes, please explain:

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Office use only:

Date received by Director: \_\_\_\_\_ PKG: \_\_\_\_\_

Trainer: \_\_\_\_\_ Consult Date: \_\_\_\_\_

Trainer Notes: \_\_\_\_\_

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