



HUNT FOR HABIT  
Fitness & Personal Training

## Client Consultation Form

Please answer the following questions honestly so I can obtain an accurate summary of you and your current lifestyle. If you are detailed and honest with your answers, it will allow me to help you achieve exactly what you are hoping to. I will tailor a specific programme unique to you and advise correct nutrition based on the answers you give. This information is strictly confidential and the following information will only be read and analysed by myself.

- **Client Name:**\_\_\_\_\_
- **Contact Number:** \_\_\_\_\_
- **Email:**\_\_\_\_\_
- **Biological Sex:** M / F / Prefer not to say
- **Date Of Birth:**\_\_\_\_\_ **Age:**\_\_\_\_\_
- **Weight:**\_\_\_\_\_ kg // \_\_\_\_\_ lbs // \_\_\_\_\_ stone
- **Height:**\_\_\_\_\_ cm // \_\_\_\_\_ inches
- **Body Fat %:**\_\_\_\_\_ (if known)
- **Other current information relevant to your goals:**

*Any information that will help us track and keep record of your progress...e.g. body part measurements (waist/hips/arms etc.), blood pressure, muscular fitness, range of motion etc.*

- **What is your current level of fitness?**

*e.g. well trained, unfit, new to the game etc.*

- **What is your motivation?**

*Are you self-driven? Do you need help with motivation? What attitude do you have towards fitness? What has made you think about improving your fitness?*

- **What are your personal goals and future aspirations in relation to fitness and in what timeframe? Be specific!**

*e.g. fat loss, muscle growth, speed, agility, overall fitness etc.  
...in 12 weeks, in six months, consistency in my habits etc.*

- **What experience do you have with fitness?**

*Including past exercise, sports played and any other fitness activities you have taken part in (with approximate dates if remembered).*

- **What areas of fitness do you enjoy and find the most engaging for you?**

*This could include what type of exercise you favour in a gym... e.g. cardio/free weights/resistance machines/bodyweight exercises etc.  
This could also include any sports based exercise you enjoy... e.g. football drills/boxing/cycling etc.  
Feel free to mentioned any low impact exercises you enjoy too, e.g., walking.*



- **Explain briefly why you enjoy these particular exercises?**

- **What areas of fitness do you fundamentally dislike?**

*This section will include what you avoid doing at all costs whether that is: a particular exercise, going into the weights section of a gym, home workouts etc.*

- **Explain briefly why you dislike these particular exercises?**

- **What do you struggle with when it comes to exercising and nutrition? And why do you think that is?**

*Do you struggle with motivation? Do you find it difficult to stick to routines? Do you have no time to exercise? Struggle to build muscle, lose fat? etc.*



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- Are you looking for convenience in your exercise and nutrition? Circle as appropriate.

YES  
*I am quite busy and want to incorporate fitness based around my current schedule*

NO  
*I want to take my training to the next level*

N/A  
*I am willing to do whatever it takes*

- In an ideal world how often do you think you could commit to exercise and for how long each session?

*- 2/3 times a week, 4/5 times a week, 6/7 times a week...*  
*- 20/30 mins, 45/60 mins, 1-2 hours...*

- Are you interested in home workouts? Circle as appropriate

YES                      NO

I WOULD BE BUT I HAVE NO SPACE

- Is there anything that will reduce your ability to exercise or do certain exercises?

*Do you suffer from any injuries, heart conditions, age-related illnesses or have any other boundaries that will hinder your ability to complete certain exercises? No access to a gym? What is your health history?*

- Will your current lifestyle hinder your exercise? How busy are you? What is your weekly work schedule?

*This is also so we can come to an agreed time that you can exercise which suits you best.*



HUNT FOR HABIT  
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- **What are your current nutritional habits? The good, the bad & the ugly.**

*To achieve your goals, nutrition is crucial! The more information you provide in this section the better! Remember all information is confidential and will not be shared with anyone.*

*What is a typical day of eating like for you? Do you eat healthily? Do you snack? If so what do you eat, when and how consistent are you with your eating? What foods do you like and dislike? Do you like to eat out? Water intake?*

- **What are your nutritional goals?**

*Do you struggle with eating? Water intake? What do you want to achieve regarding your nutrition?*



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- **Do you have any specific dietary requirements?**

*Allergies? Vegetarian? Vegan? Religion related?*

- **What equipment do you have access to? Gym membership? Home equipment?**

*Do you go to a gym? Are you willing to start going to a gym? Do you have resistance bands at home? Dumbbells? Anything that could assist your exercise to help me tailor a programme for you. Or do you not know?*

- **What are your initial expectations prior to participating in a new training programme?**

Thank you for completing the initial consultation form!

**DISCLAIMER**

I declare that all the information I have given in this form is true and I give my full permission to allow it to be used to create my tailored fitness programme. I also am aware that any nutritional information given to me by my personal trainer is advisory and not obligatory.

Client Signature:\_\_\_\_\_ Print Name:\_\_\_\_\_ Date:\_\_\_\_\_

PT Signature:\_\_\_\_\_ Print Name:\_\_\_\_\_ Date:\_\_\_\_\_