

TW EXERCISE CONSULT QUESTIONS

Client Name: _____ Date: _____

What is your fitness, health &/or wellness goals?

How long have you been wanting to start a fitness routine?

Are you interested in personal training, weekly classes, nutrition or all?

Are there any types of exercises or activities you like & don't like?

What areas concern you? Weight loss, muscle tone, flexibility, energy, etc.

What motivates you to start & maintain an exercise/fitness program?

Are there any factors that would keep you from reaching your health & wellness goals? Work, money, schedule, etc?

Notes: