

**Date:**  
**Name :**  
**Address:**  
**City:**  
**State:**  
**Telephone:**  
**Email:**

**Gender:**  
**Date of Birth:**  
**Emergency contact : (name, relationship, telephone)**

**What days are best for you to participate in the training program?**

**What time of day is it best for you to participate in the training program?**

**Body measurements (Height, chest, waist , hips ,arms, weight):**

**Please describe your training goals briefly?**

**How would you rate your motivation towards your training goals (low, medium, high, very high)?**

**What is the main motivating factor behind you joining a training program?**

**Are you satisfied with your weight. If not, what body weight would you like?**

**Are you motivated enough to follow a rigorous training regime for up to 2 months with a controlled diet?**

**Have you been training in the last year. If yes, please describe any improvements in your fitness level?**

**What are the main things that you are looking forward from the training program?**

**How many months are you ready to spend to achieve your objectives?**