



DAN TOOHEY

PERSONAL TRAINING

Client Debrief | Print and complete

Name:

Date of Birth:

Phone:

Email:

Address:

Emergency contact name:

Emergency contact number:

I have completed the PAR-Q form and my answers are truthful to the best of my knowledge:

Yes / No (circle one)

What made you walk through the door today? Why now?

What results do you want to achieve by taking up an exercise program and taking control of your nutrition?



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What reasons, if any, do you think have held you back in the past from sticking with a program or achieving results?

Are you currently doing any exercise? If so, what are you currently doing? If you are not exercising, when was the last time you did consistent exercise (including sport or work), if ever?

How do you feel about your diet and nutrition? What, if anything, do you think you could improve on?

What sort of training do you like to do?



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What is your 4 week goal?

I acknowledge that the answers I have provided are truthful to the best of my knowledge and that by signing this document I am committing to realising a change in my lifestyle and improving the quality of my daily life. I accept that it will not be easy but this time, with the support of my trainer in all things, I will achieve the results that I want and deserve:

Print Name:

Signature:

Date:
