PERSONAL TRAINER
Request Form

PLEASE COMPLETE ALL PAGES AND RETURN WITH YOUR REQUEST. This gives your Personal Trainer important information needed before your appointment.

Name_________________________________________________ Date_____________
Age______ Address___________________________________________________
Phone number(home)__________________ Phone number(other)_________________

What is the best time to contact you?_______________________________________

Do you have a trainer preference?  Male_______ Female_______
Name of trainer you prefer(if any)_______________________________________
What days of week and times are best for your session?___________________________
How many sessions are you interested in purchasing?___________________________

Which of the following goals do you have?
  _____Gain weight/muscle _____Increase energy _____Reduce Stress _____Cardio fitness
  _____Rehab injury _____Improve flexibility _____Lose weight/inches _____Prevent injury
  _____Improve muscle tone _____Improve strength _____Sports training _____Other(explain)

What sport?_____________

CANCELLATION POLICY:  We require 24 hour notice for cancellations of your scheduled appointment. Also, if you arrive MORE THAN 15 minutes late that will count as a session and your trainer is not responsible for that session. You will need to get in contact with your trainer directly to cancel. If you are unable to give 24 hours notice, you will be charged for the session.

I have read and understand the cancellation policy.

Signed:_________________________________________________ Date________________