

DATE REQUESTED: _____



Personal Training Inquiry

Personal Training is a great opportunity to stay on top of your fitness and health goals. Because Personal Training is focused on the individual, please answer the following questions to your best ability. You may return forms to the Wellness Center or email to WellnessService@navicenthealth.org

First Name	Last Name
Phone Number	Email Address
Birth Date	
30 minute or 1 hour	
How many times per week are you interested in training?	Are you interested in 30 minute or 1 hour sessions? (circle one)
Mon. Tue. Wed. Thu. Fri. Weekend	
Days of the Week you prefer (please circle)	Preferred Times for Training -(Write above line)
Do you have any preferences regarding your trainer? -(Write above line)	
Do you have any injuries/conditions that your trainer needs to be made aware? -(Write above line)	
What are you fitness goals? -(Write above line)	