SOUTHEAST MISSOURI HOSPITAL
HealthPoint Fitness

# Personal Training Client Interest Questionnaire

HealthPoint Fitness personal trainers are skilled in empowering clients to meet specific fitness goals. Individual sessions, session packages and personal training/nutritional counseling packages are available. For specific information on personal training rates, please refer to the personal training rate sheet. If you have questions, please contact Fitness Manager Amy Sutherlin or Clinical Integration Coordinator Laura Morningstar at (573)986-4444. Please supply us with the following information and you will be contacted to discuss your current fitness level and goals.

Name _____ Age_____ Date _____

Home phone _____ Business phone _____ Cell phone _____

**Circle days available to train:** Sun Mon Tue Wed Thu Fri Sat

**Best time available:**

6 am – 10 am
10 am – Noon
Noon – 3 pm
3 pm – 7 pm
7 pm – 10 pm
Other time:

**Tell us about your goals:**

- ☐ Increase cardiovascular endurance
- ☐ Increase flexibility
- ☐ Increase muscle mass
- ☐ Reduce fat
- ☐ Lower cholesterol
- ☐ Lower blood pressure
- ☐ Manage diabetes
- ☐ Lose weight
- ☐ Other specific goals you have _____

_____

Describe any limitations or recommendations from your physician _____

_____

Medications you are currently taking _____

Date of last fitness assessment _____

For administrative use only: Staff initials: _____ Notes: _____