



# PERSONAL TRAINING REQUEST FORM

When completed, email this form to [kanhalt@hfparks.com](mailto:kanhalt@hfparks.com)

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL/WORK PHONE: \_\_\_\_\_

CHOOSE ONE: ☐ Personal Training ☐ Pilates Personal Training

I AM INTERESTED IN: ☐ 55-min. Training Sessions ☐ 30-min. Training Sessions

I AM AVAILABLE TO BEGIN TRAINING ON: \_\_\_\_\_

NUMBER OF DAYS A WEEK I WOULD LIKE TO TRAIN: ☐ 1 ☐ 2 ☐ 3 ☐ 4+

SPECIFIC DAYS I WOULD LIKE TO TRAIN:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday

PREFERRED TRAINING TIME(S): \_\_\_\_\_

I CONSIDER MYSELF AT THIS FITNESS LEVEL: ☐ Beginner ☐ Intermediate ☐ Advanced

EXERCISE HISTORY (past 6 months): \_\_\_\_\_

MY MAIN FITNESS GOAL IS:

☐ Weight Loss ☐ Weight Gain ☐ Overall Strength Gain ☐ Sport Specific: \_\_\_\_\_  
☐ General Health & Wellness ☐ Post Rehab ☐ Other: \_\_\_\_\_

TRAINER PREFERENCE: ☐ Male ☐ Female ☐ No Preference ☐ Specific Trainer (write below)

REQUESTED TRAINER: \_\_\_\_\_

*Note: Pilates Personal Training only instructed by Jill Smith.*

## HEALTH HISTORY

**IF YOU ANSWER "YES" TO ANY OF THE FOLLOWING, YOU SHOULD SEEK MEDICAL AUTHORIZATION BEFORE EXERCISING:**

Do you have or have you ever had any of the following?

- Heart attack ☐ Yes ☐ No
- Heart disease ☐ Yes ☐ No
- Stroke ☐ Yes ☐ No
- Abnormal EKG ☐ Yes ☐ No

Do you take any medications?

- For your heart ☐ Yes ☐ No
- For high-blood pressure ☐ Yes ☐ No
- For high cholesterol ☐ Yes ☐ No
- For diabetes ☐ Yes ☐ No

Physical restrictions or medical complications: \_\_\_\_\_

### Personal Training payment procedure & agreement:

- All sessions must be paid in full prior to training.
- Any personal training client must notify the trainer at least 24 hours in advance to reschedule a session or will be charged the full amount.
- All session packages are non-refundable & non-transferrable.
- Regardless of the arrival time, sessions will end at the scheduled time.
- Trainers may not be available immediately. One week lead time may be needed to secure a trainer.

### FOR OFFICE USE ONLY

The future client was contacted \_\_\_\_\_ and I:

- ☐ left a message
- ☐ spoke to a family member
- ☐ spoke to potential client

Trainers contacted \_\_\_\_\_ on \_\_\_\_\_

Trainers contacted \_\_\_\_\_ on \_\_\_\_\_

Trainers contacted \_\_\_\_\_ on \_\_\_\_\_