

Name: _____ Email: _____ Phone: _____

If you can answer the questions below it will help us pair you with a trainer faster:

What days and times would be best for you to get in and workout? (a range of options is preferred like; Tuesday and Thursday between 6 am and 8 am)

What exercises have you enjoyed doing in your past workouts? (such as machines, kettlebells, circuit training, treadmill walking)

What is your previous exercise/workout history? (have you worked out with a trainer before, are you presently taking any classes)

What physical activities do you enjoy doing outside of the club? (the PNW offers many outdoor activities such as hiking, cycling, running etc)

Do you have any major health issues we should be aware of? (our staff have experience working with different health issues like diabetes, cancer, heart issues, joint issues etc)

What are your health and wellness goals?

What are your expectations for your trainer? (what is it you feel you need from your relationship with your trainer)
