

New Client Intake Form Sample for Fitness Trainers

The **new client intake form** sample for fitness trainers streamlines the onboarding process by collecting essential health and fitness information. This form ensures personalized workout plans and enhances trainer-client communication. It's an invaluable tool for establishing client goals and tracking progress effectively.

Personal Information

Full Name:

Date of Birth:

Phone Number:

Email Address:

Health & Fitness

Primary Fitness Goals:

Current Activity Level:

--Select--

Do you have any health conditions or injuries?

Are you currently taking any medications?

Lifestyle

How many hours do you sleep per night?

Describe your current eating habits:

Emergency Contact

Name:

Phone Number: