

Free Client Evaluation Form Sample for Fitness Trainers

Download a **free client evaluation form** sample designed specifically for fitness trainers to assess individual needs and progress. This template helps streamline the onboarding process and tailor workout plans effectively. Enhance client satisfaction and achieve optimal results with a professional evaluation tool.

Client Information

Full Name:

Date of Birth:

Email Address:

Phone Number:

Health & Fitness Goals

Please describe your fitness goals:

Exercise Experience:

 Select

How many days per week do you currently exercise?

Medical & Health History

Do you have any medical conditions, injuries, or physical limitations?

Are you currently taking any medications?

Yes No

Additional Notes: