

**CONTACT INFORMATION:**

Today's date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Mobile phone: \_\_\_\_\_ (text? ☐ yes ☐ no) Email: \_\_\_\_\_Preferred method of contact? ☐ Mobile ☐ email**YOUR FITNESS GOALS:** Mark all that apply☐ strength ☐ endurance ☐ physical appearance ☐ stress management ☐ balance☐ weight management ☐ disease management ☐ energy ☐ flexibility☐ run a race ☐ participate in a triathlon (individual or relay) ☐ other \_\_\_\_\_

Do you have any future events that you will be preparing for such as surgery, social events, vacation, snow skiing, etc. If so, what and when? \_\_\_\_\_

Have you worked with a Certified Personal Trainer in the past? ☐ yes ☐ no[www.betterUfitnesstx.com](http://www.betterUfitnesstx.com) • <https://www.instagram.com/betterufitnesstx/>[betterUfitnesstx@gmail.com](mailto:betterUfitnesstx@gmail.com) • 830-488-7271