



Client Information

Name			
Street Address			
City		State	Zip
Email			
Home Phone		Cell Phone	
Text Message? Yes No		Date of Birth	

Emergency Contact Information

Name	
Relationship	Phone Number

What is important to you?

New clients: Design Fitness would like learn more about your goals related to health and fitness. Listed are 10 health/fitness goals. Rate each goal as it pertains to YOU.

Goal	Ratings			
	Not Important	Somewhat Important	Important	Extremely Important
Address health concerns (i.e. blood pressure, cholesterol, diabetes, chronic disease)				
Body-fat/Weight loss				
Improve Nutrition Habits				
Reshape/Tone my Body				
Conditioning for a Sport/Activity (i.e. Running)				
Stress Reduction/Improve Mood				
Improve Flexibility				
Increase Strength/Endurance				
Increase Energy				
Balance/Coordination				
Other				
Use the reverse side of this form to explain a response of "Other" or for further comment on your goals				