



The True Way To Health & Fitness

Troy Brown
Personal Trainer

Tru2Fitness.com

Personal Training Questionnaire

1. Have you worked out with a Personal Trainer in the past?
 - a. If yes, how long did you train?
2. Do you have a Day and Time Preference?
3. What are your fitness goals?
4. Are you currently exercising on a regular basis?
 - a. What type of cardio do you do?
 - b. What type of strength training do you do?
5. If you are not currently exercising, what type of exercise have you done in the past?
6. What are your current eating habits? Are you on a particular diet?
7. Have there been any significant changes in your health history since you completed your last physical exam?
8. Are there any special needs or circumstances the trainer should be aware of that may affect you during exercise?



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