

Consultation Form Kairos Fitness

Personal Information:

Name: _____

Email: _____

Cell Phone: _____ Home Phone : _____

Address : _____ Postal Code : _____

City: _____ Province: _____

Date of Birth: _____ Age: _____ Sex: _____

Occupation: _____

Emergency Contact Name: _____

Relation: _____ Phone Number: _____

Health History: Please circle all that apply

Height: _____ ft _____ inches Weight: _____ lbs BMI: _____

Lowest Adult Weight: _____ lbs Highest Adult Weight: _____ lbs

Family History of Obesity: Yes No

Smoking status: Smoker Ex Smoker Current Smoker

Usual Bedtime: _____ Usual Wake-up Time: _____

Physical Activity History

1. Do You have a Sedentary or physical Job: _____

2. Do you Currently exercise? If so, how often?

3. What are two Fitness Habits you Currently do really well?

4. What are two Fitness Habits you currently struggle with?

5. What are your Current Fitness Goals?

6. What qualities are you looking for in a Trainer?

Diet History: Please Circle all that apply

Number of Meals per day: 1 2 3 4 Number of snacks 1 2 3 4+

How many Glasses of Water do you consume daily : 1-3 3-6 6-8 9+

Are you currently on a diet: Yes No

If so, what is it? _____

Do you tend to Yo-Yo Diet? Yes No Depends

Additional Diet information:

Assessing Motivation: It is important to know that while many people initially feel motivated it is generally hard to stay motivated long term. One of the key factors in reaching your fitness goal successfully is to make a commitment and hold yourself accountable to your goal.

How many Days per week are you looking to train with your trainer? 1 2-3 3+

What days of the week are you able to train : M T W Th F S

What times are you available to train?

Training Policies and Billing Agreement

24- hour Cancellation Policy : Appointment can be scheduled week to week or on a monthly basis. Because your appointment time has been reserved especially for you, clients are required to give a minimum of 24 hours notice when cancelling an appointment.

Sessions cancelled with less than 24-hours notice will be charged full session rate.

Billing : Kairos Fitness bills its clients on a pre-pay basis. Invoices are issued directly to the client when services are purchased. Payments are due on the beginning of the first session.

Kairos Fitness reserves the right to change these policies at any time.

I have read and accept Kairos Fitness training and billing policies.

Client Name: _____ Date: _____