



Workhorse Fitness Consultation

INSTRUCTIONS: 1) Please read and complete this form (front & back) with as much detailed information as possible. 2) The requirements of the Par-Q & You form **MUST** be completed before services can be rendered. 3) All fees will be accepted by Gary Ransom before the service(s) can be provided.

Name: _____ Email: _____
Address: _____
Postal Code: _____
Phone #: Home- _____ Work/Cell- _____
Preferred Contact Time - _____

Please complete the following questions: Fitness Goals: What would you like to achieve? (i.e.: General overall fitness/ Lifestyle change/ Improve body composition/ Bodybuilding/ Sport Conditioning/ Post-rehabilitation, etc.) – The more detailed the information, the better we can serve you!

Based on your goals, what do you feel is a realistic time frame?

On a scale from 1-10 with 10 being most important, how important is this to you? And why now?

Lifestyle

What is your fitness related activity experience? (i.e.: Beginner/ Returnee/ Active – What have you been doing for the last 6 months)

Do you consume alcohol?

yes: _____ no: _____

How many oz of water do you consume in a day?

How many hours of sleep are you getting during the week? And How many hours are you getting on the weekend?

Work:

Are more sedentary, active, or very active at work?

Nutrition: On average how many meals are you consuming during the week? How many meals are you consuming on the weekends?

Do you have time to Meal Prep:

Do you have a food scale and measuring cups:

Food Dislikes:

Food Likes:

Personal Information – Optional & Confidential:

Height: _____ (ft.in.) Weight: _____ (lbs.) Age: _____ (yrs) Sex: _____ (M/F)

Preferred Workout Commitment – If possible please supply availability alternatives:

Day(s): _____ (i.e. M/Th/Sa) Time(s): _____ (i.e. 6-7 pm) Duration: _____ (i.e. 1-2 hrs)