Personal training client intake form (template)

Not legal or medical advice. This is a free template from JustTrain (justtrain.io/personal-trainer-forms-templates/). Laws on contracts, waivers, consumer rights and health information differ by country, state and province. Have a qualified local professional review and adapt it before you use it with clients. Replace every [bracketed] item and blank line.

1. Contact details

Full name	_____
Date of birth	_____
Phone	_____
Email	_____
Address	_____
Preferred way to contact you	☐ Text ☐ Email ☐ Phone ☐ App

2. Emergency contact

Name	_____
Relationship	_____
Phone	_____

3. Goals

What do you want to achieve in the next 3 months?

_____

Why does this matter to you now? _____

How will you know it is working? _____

4. Training history

What exercise do you do now, and how often?

_____

Have you worked with a trainer before? What worked and what didn't?

_____

Exercises or activities you enjoy: _____ you dislike or avoid:

_____

5. Health

Please also complete the separate health questionnaire. Anything else your trainer should know (injuries, pain, past surgery)? _____

6. Lifestyle

Work: mostly sitting / on your feet / physical	_____
Average sleep per night	_____

Stress level (1-10)	_____
Anything about food or nutrition you want help with	_____

7. Sessions

Sessions per week you can commit to	_____
Days and times that work for you	_____
Where you'd like to train	☐ Studio/gym ☐ Home ☐ Outdoors ☐ Online
Equipment you have at home	_____

8. Anything else

How did you hear about me? _____

Anything else you'd like me to know? _____

Client signature: _____ Date: _____

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