

**Personal Trainer in Toronto Exercise and Nutrition Questionnaire**

**Name:**

**Occupation:**

**Date:**

Age, Weight, Height?

What is your current fitness level? When was the last time you have trained? How many times per week do you train?

Are you familiar with exercise techniques?

How often can you exercise per week (frequency and duration)?



## **Personal Trainer in Toronto Exercise and Nutrition Questionnaire**

Do you have any chronic health problems or injuries?

Do you have any food allergies? Are there any foods you will not eat (due to personal preference, religion etc.)?

Are you taking any supplements? If so, which?

What are your **specific** health and fitness goals?

Where would you like to train? (If training at home, what equipment do you have?)