

For office use only: WI: _____ NCL: _____ PCR: _____ Ref by: _____

Personal Trainer: _____

1st Appointment: _____

PAR-Q FORM

Please mark YES or No to the following:

YES NO

Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity? _____

Do you frequently have pains in your chest when you perform physical activity? _____

Have you had chest pain when you were not doing physical activity? _____

Do you lose your balance due to dizziness or do you ever lose consciousness? _____

Do you have a bone, joint or any other health problem that causes you pain or limitations that must be addressed when developing an exercise program (i.e. diabetes, osteoporosis, high blood pressure, high cholesterol, arthritis, anorexia, bulimia, anemia, epilepsy, respiratory ailments, back problems, etc.)? _____

Are you pregnant now or have given birth within the last 6 months? _____

Have you had a recent surgery? _____

If you have marked YES to any of the above, please elaborate below:

Do you take any medications, either prescription or non-prescription, on a regular basis? Yes/No

What is the medication for? _____

How does this medication affect your ability to exercise or achieve your fitness goals?

Lifestyle Related Questions:

1) Do you smoke? YES NO If yes, how many? _____

2) Do you drink alcohol? YES NO If yes, how many glasses per week? _____

3) How many hours do you regularly sleep at night? _____

4) Describe your job: Sedentary Active Physically Demanding

5) Does your job require travel? YES NO

6) On a scale of 1-10, how would you rate your stress level (1=very low 10=very high)? _____

7) List your 3 biggest sources of stress:

a. _____ b. _____ c. _____

8) Do you regularly utilize the services of a massage therapist? YES NO

9) Is anyone in your family overweight? Mother Father Sibling Grandparent

10) Were you overweight as a child? YES NO If yes, at what age(s)? _____

Fitness History:

- 1) When were you in the best shape of your life? _____
- 2) Have you been exercising consistently for the past 3 months? YES NO
- 3) When did you first start thinking about getting in shape? _____
- 4) What if anything stopped you in the past? _____
- 5) On a scale of 1-10, how would you rate your present fitness level (1=Worst 10=Best)? _____

Nutrition Related Questions

- 1) On a scale of 1-10, how would you rate your Nutrition (1=very poor 10=excellent)? _____
- 2) How many times a day do you usually eat (including snacks)? _____
- 3) Do you skip meals? YES NO 4) Do you eat breakfast? YES NO
- 5) Do you eat late at night? Sometimes Often Never
- 6) What activities do you engage in while eating? (TV, reading etc.) _____
- 7) How many glasses of water do you consume daily? _____
- 8) Do you feel drops in your energy levels throughout the day? YES NO If yes, when? _____
- 9) Do you know how many calories you eat per day? YES NO If yes, how many? _____
- 10) Are you currently or have you ever taken a multivitamin or any other food supplements? Y N
If yes, please list the supplements:

- 11) At work or school, do you usually: Eat out Bring food
- 12) How many times per week do you eat out? _____
- 13) Do you do your own grocery shopping? YES NO
- 14) Do you do your own cooking? YES NO
- 15) Besides hunger, what other reason(s) do you eat?
 Boredom Social Stressed Tired Depressed Happy Nervous
- 16) Do you eat past the point of fullness? Often Sometimes Never
- 17) Do you eat foods high in fat and sugar? Often Sometimes Never
- 18) List 3 areas of your Nutrition you would like to improve:
a. _____ b. _____ c. _____

Exercise Related Questions: Skip to next section if you are presently inactive.

1) How often do you take part in physical exercise?

5-7x/week 3-4x/week 1-2x/week

2) If your participation is lower than you would like it to be, what are the reasons?

Lack of Interest Illness/Injury Lack of Time Other _____

3) How long have you been consistently physically active for? _____

4) What activities are you presently involved in?

Cardio &/or Sports	Frequency/Week	Average Length	Easy/Mod/Hard

Strength Training	Frequency/Week	Average Length	Easy/Mod/Hard

List exercises: _____

Stretching	Frequency/Week	Average Length

5) Please circle all the activities that interest you:

- | | | |
|-------------------------|---------------------------|---------------------|
| Baseball | Indoor Cycling | Snowboarding |
| Basketball | Mountain Biking | Soccer |
| Boxing | Partner Training | Swimming |
| Cross Country Skiing | Pilates | Tennis |
| Football | Private Personal Training | Triathlon |
| Golf | Racquetball | Volleyball |
| Group Fitness Classes | Road Cycling | Walking |
| Group Personal Training | Rock Climbing | Wally Ball |
| Hiking | Running | White Water Rafting |
| Ice Skating | Skiing | Yoga |

Developing your Fitness Program:

1. Please circle how you prefer to exercise:

- a) INSIDE OUTSIDE COMBINATION
- b) LARGE GROUPS SMALL GROUPS ALONE COMBINATION
- c) MORNING AFTERNOON EVENING

2. Realistically, how often a week would you like to exercise? _____x/week

3. Realistically, how much time would you like to spend during each exercise session? _____

4. What are the best days during the week for you to commit to your exercise program?

M T W T F S S

5. If you could design your own exercise program, what would an ideal training week look like to you? Please be specific. List your favorite activities, rest days, time spent etc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Goal Setting:

How can a Personal Trainer help you? Please check that which applies.

- Lose Body Fat Develop Muscle Tone Rehabilitate an Injury Nutrition Education
- Start an Exercise Program Design a more advanced program Safety
- Sports Specific Training Increase Muscle Size Fun Motivation
- Other _____

In order to increase your chances of being successful at achieving your goals, a certain protocol should be followed. Please ensure all your goals are 'SMART'.

- S= Specific (Provide details, how long, how much etc.)
- M= Measurable (How will you measure whether you've reached your goals)
- A= Attainable (Be realistic, set smaller goals)
- R = Rewards-Based (Attach a reward to each goal)
- T = Time Frame (Set specific dates for goals)

1. Please list in order of priority, the fitness goals you would like to achieve in the next 3-12 months?

- a) _____
- b) _____
- c) _____

2. How will you feel once you have achieved these goals? Be specific.

3. Where do you rate health in your life? Low priority Medium Priority High priority

4. How committed are you to achieving your fitness goals? Very Semi Not very

5. What do you think the most important thing your Personal Trainer can do to help you achieve your fitness goals?

PARTICIPANT RELEASE AND KNOWLEDGE OF AGREEMENT

I, _____, wish to participate in the exercise and training program offered by ProActive Personal Training and Fitness Education (PAPT). I understand there are inherent risks in participating in a program of strenuous exercise and I agree that I am attending and utilizing the PAPT facilities and equipment at my own risk. I represent that I am in good physical condition and have no disability or impairment preventing me from engaging in active or passive exercise or that would be detrimental to my health, safety or physical condition if I do so engage or participate. I also agree to see a physician within sixty (60) days of the date set forth below to obtain his/her approval for my participation in a fitness program should any of the ProActive staff suggest this would be needed prior to continuing with a fitness program. I agree that ProActive Personal Training and Fitness Education (PAPT) and Fitness Leaders Online, Inc., shall not be liable or responsible for any injuries to me resulting from my participation in the fitness program (whether at home, at the training studio, outdoors, or at a corporate, commercial, residential or other fitness facility) and I expressly release and discharge ProActive Personal Training and Fitness Education, Fitness Leaders Online Inc., its owners, employees, agents and/or assigns, from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the fitness program, excepting only an injury caused by the gross negligence or intentional act of such person or persons. This Release shall be binding upon my heirs, executors, administrators, and assigns.

I have read and understand this term: _____(initial)

- 1) I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance is required if I have answered "Yes" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform all employees of any conditions or changes in my health, now and ongoing, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____(initial)

- 2) I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my Personal Trainer, Group Fitness Instructor or alternate staff.

I have read and understand this term: _____(initial)

- 3) I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I have read and understand this term: _____(initial)

- 4) I understand that all Private Personal Training rates are based on 25, or 55-minute sessions and should I arrive late, there is no guarantee I will receive the full session with my trainer. In return, if my Personal Trainer is late for a session, I will still receive the full session time.

I have read and understand this term: _____(initial)

- 5) I understand that ProActive Personal Training bills its Personal Training clients on a pre-pay basis. Once my trainer and I have decided upon the type of training package and payment plan I will purchase, payment must be made before the sessions are conducted. Credit cards, cash and checks made payable to ProActive Personal Training are all accepted. I understand that all Personal Training sessions are non-transferable and non-refundable. I also understand that Private Personal Training packages of 1-15 sessions must be redeemed within six months of purchase.

I have read and understand this term: _____(initial)

6) I understand that ProActive Personal Training operates on a scheduled appointment basis for all Private Training sessions and thus, requires that I provide 24 hours' notice when canceling an appointment. No charge will be levied should I cancel with MORE than 24 hours' notice given. Should I cancel a session with LESS than 24 hours prior notice, I will be charged in full for that session and work will be completed on my program in my absence. I understand that ProActive recommends that all cancelled sessions be rescheduled to ensure consistency and fitness progress.

I have read and understand this term: _____(initial)

7) I understand that during a personal training or group training session, my trainer/instructor may have to use Touch Training to correct alignment and/or to focus my concentration on a muscle area to be targeted. If I feel uncomfortable or experience any type of discomfort with Touch Training, I will immediately request that it be discontinued. **Touch training will be avoided during the COVID-19 Health Crisis but will be resumed when the CDC and California Department of Health determine it is safe to have person to person contact.

I have read and understand this term: _____(initial)

8) I understand that the usage of any nutritional supplements is done under my own will and has not been prescribed by my Personal Trainer or any other staff member.

I have read and understand this term: _____(initial)

9) I understand that should my Personal Trainer become ill or is away on holidays, another trainer will be assigned to me so that my fitness progress does not suffer. I also understand that in the event that my Personal Trainer is no longer employed by ProActive Personal Training and Fitness Education, a suitable Personal Trainer will be re-assigned to oversee my program and workout sessions.

I have read and understand this term: _____(initial)

10) I understand that ProActive Personal Training and Fitness Education photographs many of their client events/sessions and I provide written approval for them to use these pictures for promotional purposes.

I have read and understand this term: _____(initial)

I have read this Release and Terms of Agreement and I understand all of its terms and conditions. I sign it voluntarily and with full knowledge of its significance. I have also received and completed the COVID-19 waiver.

CLIENT

PERSONAL TRAINER

DATE

DATE