Personal Training Interest Sheet

Please return this form to the Fitness Center Desk.

__________________________________________
Today’s date

__________________________________________
Call back date

__________________________________________
Name

__________________________________________
Date of birth

__________________________________________
Phone number

__________________________________________
Email address

Personal trainer preference: Male or Female

Training timeline: Long term Short term

Please list any injuries:

__________________________________________

__________________________________________

Please list any goals you would like to achieve:

__________________________________________

__________________________________________

__________________________________________

Please list days and times available:

__________________________________________

__________________________________________

Questions? Stop by the Fitness Center Desk or contact the Health and Fitness Department by calling 547-2800.