



Fitness Goals & Questionnaire

Thank you for choosing Pro Performance to assist you with your fitness goals. We offer a wide variety programs, classes and personal training . Please complete the short form below to help give us a better understanding of your health and fitness goals.

What Are Your Goals? (Please Check All That Apply)

- | | |
|--|--|
| <input type="checkbox"/> Lose Weight/Inches | <input type="checkbox"/> Cardiovascular Endurance |
| <input type="checkbox"/> Increase Strength/Endurance | <input type="checkbox"/> Reduce Stress |
| <input type="checkbox"/> Increase Flexibility | <input type="checkbox"/> Achieve Optimal Health |
| <input type="checkbox"/> Gain Energy | <input type="checkbox"/> Sports Performance/Conditioning |

What type of exercise activities do you enjoy?

- | | | |
|--|---|---|
| <input type="checkbox"/> Fitness/Weight Machines | <input type="checkbox"/> Free/Hand Weights | <input type="checkbox"/> Outdoor Activities |
| <input type="checkbox"/> Indoor Activities | <input type="checkbox"/> Partner Activities | <input type="checkbox"/> Group Exercise Classes |

Is there any type of equipment you would like to learn to use?

What is the main reason you are looking to develop a personal fitness program?

Are You Interested In Personal Training?

- Yes No

We offer all new members a **FREE Fitness Assessment**. Your assessment is a one-on-one session with an exercise physiologist. They will review your fitness goals, measure your weight, blood pressure and body composition. Your physiologist will provide you with an exercise plan on how to work toward your goals.

Are You Interested in the FREE Assessment? If yes, preferred time of fitness assessment?

- Yes No Morning Afternoon Evening

Name _____ Email _____ Phone# _____

Staff Signature _____