

Online Training Participant Questionnaire

**Hi, we are ELITE Fitness Services and we want to help you on your fitness journey to enjoy your workouts as much as possible. We’ve created this questionnaire so we can get a better understanding of what type of workouts you would like, since creating a plan that will keep you invested in exercising is important to your success and us. Just answer each question to the best of your ability and we will use this information to tailor your exercise plan specifically to you!**

**NAME: HEIGHT: WEIGHT: GENDER:**

**Are there any medical issues we need to be aware of?**

**What experience do you have exercising and what is your current fitness level?**

**Why are you interested in an exercise plan?**

**What do you expect out of us as an online personal training resource?**

**What are some your goals that you expect achieve from an exercise plan?**

**Indicate all the types of workouts you would be interested in being programmed for you from the list below:**

* **General Strength Training**
* **Powerlifting**
* **Cardio**
  + **Running**
  + **Cycling**
  + **Swimming**
* **Interval Training/Bootcamp Style**
* **Sport Performance**
  + **What Sport?**
* **At Home Workouts**

**For anyone of the above checked, can you give us an idea of what type of equipment or weights you will have access to:**

**How many workouts per week would you like prescribed to you?**

**Which days of the week work best for you to workout?**

**If you were referred, who was it by?**