**Personal Training Questionnaire/Application**

PERSONAL TRAINING/ GUIDED TRAINING PROGRAMS

I’m ready when you are!

If you want to train with me, just complete the following form to get started. Please be as complete as possible and answer each question honestly.

\*What are your fitness goals? Pick all that apply

I want to lose weight I want to gain muscle I want to improve my diet

I need help getting motivated I want to train for a sport Health reasons

Any other goals not listed above:

Are you interested in competing in NPC or similar competitions?

Yes No Maybe, I will decide later

If yes, which Division?  Figure,  Bikini, Wellness, Physique  I'm not sure

Name:

Email:

Phone:

Address:

City  ZIP / Postal Code   :

About you:

Gender:

Age: Birthdate:

Height: Weight:

Outside of work, how often do you engage in vigorous activity? Pick 1

Rarely… Once a week, if that Sometimes… 1-3 times per week

Fairly often… 3-5 times per week Every day, at least once a day.

Which activities do you engage in? (Be specific)

Have you had any injuries that might affect your program?

If yes, please list any injuries here:

Are you taking any medications that could affect your program?

If yes, please list any medications here:

Are you currently working with a trainer or following any weight reduction plans?

Please give any details you can here. Have your diet or training efforts been successful?

Tell me about your eating habits.

What are your favorite healthy foods?

What are your least favorite healthy foods?

\*Upon completion– email this form to: [ashfit1@gmail.com](mailto:ashfit1@gmail.com)\* You will be contacted within 3 business days ;)

To talk with Ashley personally to see if online training is right for you, book your appointment here: [www.calendly.com/ashfit1](http://www.calendly.com/ashfit1)

\*Should you choose to purchase a training package with Ashfit , all monies for the consultation call with Ashley will be applied to the personal training package of your choice.