

Personal Trainer Intake Form

Personal Information

Name: Brandi Kelly

Date of Birth: July 14, 1990

Address: 122 Westfield Lane, Sunnytown, ST, 45678

Phone Number: (555) 678-9012

Email Address: brandi.kelly@example.com

Emergency Contact Person (Specify relationship): Alex Kelly

Emergency Contact Phone Number: Sibling

Health History

Current Medications:

None

Past Surgeries:

Appendectomy in 2015

Chronic Illnesses:

Asthma

Recent Injuries:

Sprained ankle, fully recovered, 6 months ago

Family Medical History:

Hypertension, diabetes

Fitness Goals

Short-Term Goals:

Improve cardiovascular fitness, start a consistent exercise routine

Long-Term Goals:

Run a half-marathon, develop a balanced and strong physique

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