

Personal Training Registration Questionnaire

Please take a moment to fill out the following questions.
This will better assist us in helping you to meet your personal training goals.

Name: _____

How do you prefer the trainer to contact you? (Please Circle Your Preferred Method)

Phone Call Email Text

Primary Phone: _____ Secondary Phone: _____

Email: _____

I am available: (circle all that apply) Mornings Afternoons Evenings Weekends
Sun Mon Tue Wed Thu Fri Sat

I have registered for:

☐ Personal Training Number of sessions: _____
Location: Sunset or SPRC

Please list any injury restrictions, medical conditions, recent surgeries, or medications that the trainer should be made aware of:

Preferred trainer: _____

Please leave blank if you would like to be assigned a trainer. All attempts will be made to accommodate your trainer request. If for some reason the trainer is not available, we will place you with one of our other highly qualified trainers.

☐ Nutrition Counseling Number of sessions: _____
Location: Sunset or SPRC

Please briefly describe your nutritional goals:

Please list any significant medical history the dietitian should be aware of:

Please list any food allergies or intolerances you have, if any:

Please list any medications, vitamins, minerals, herbs, or supplements you are taking, if any:

Please briefly describe your fitness goals: _____

Thank you for taking the time to complete this questionnaire. Please read and sign the Personal Training Appointment Policy on the next page. You will be contacted by your personal trainer in the next 2-3 business days. If you are not contacted within 48 business hours, please contact Briana Carlson, at bcarlson@genevaparks.com or 630-262-2204.

Personal Training Appointment Policy

Clients who arrive late to a personal training appointment will be responsible for the scheduled session fee regardless of how much time is left in the scheduled appointment.

- Personal training clients agree to attend all appointments as scheduled.
- Clients are responsible for the full appointment time scheduled. Appointments will not be prorated or extended for client tardiness.
- Clients who must cancel an appointment are required to notify their trainer directly at least 24 hours in advance. In extraordinary circumstances, client agrees to cancel at least one hour in advance. Failure to cancel within one hour of appointment time will result in a failed appointment charge of \$25.00.
- Personal training sessions must be used within 6 months of purchase. (Shorter time limits may apply to special promotions.)
- No refunds will be issued for expired sessions.

I understand & accept the terms of this policy:

Signature _____ Date _____

Staff use

Initials _____	Membership Notes _____
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