

PERSONAL TRAINING CLIENT INTAKE FORM

CFGF COACHING

— SCIENCE TO BUILD YOUR BEST VERSION —

- *Download this form, fill it in and email it back to me to apply for coaching. You cannot edit the file directly from the Google Sheet.*
- *You can use either the imperial or metric system to fill in this form. Just state which unit you used (e.g. cm, kg, lb, inch).*

General

- Full legal name
- Street and house number
- Postal code
- City
- Country
- EU VAT number*
- Age
- Height
- Weight
- Body fat percentage (plus estimation method)
- Years of training experience

<i>[Only applicable if you have an EU business so you can declare the coaching as a business expense.]</i>

Strength level

State your *current* maximum abilities in weight times reps, e.g. 250 lb x 6 (external weight only).

- Bench press
- Barbell squat
- Chin-up
- Overhead press

Goals

What are your fitness goals?

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Do you have any muscle groups you do *not* want to get bigger?

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Do you want to perform any other form of exercise alongside strength training (e.g. soccer, yoga, Olympic Weightlifting)?

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Which of the following options best describes your dedication level?

A: Sustainability is most important to me. As long as I'm moving in the right direction, I don't care about the rate of progress.

B: I want to strike a reasonable balance between good results in proportion to effort and sustainability.

C: I will do whatever it takes to achieve maximum results without compromising my health.

How often in a week are you prepared to train for maximal results?

Misc.

What is your occupation?

You may be general here, e.g. manager/Personal Trainer/IT/doctor. The aim is to characterize your circadian rhythm, stress and activity level.

Please list any pathologies and injuries (disabilities, allergies, illnesses, syndromes, disorders etc.) you have or had.

Do you insist on any special diet (e.g. ketogenic, vegan)?

Do you plan to use any PEDs while working together? If so, please list them.

At this point, you may choose to return this form to cfgfcoaching@gmail.com to obtain a price quote before filling in the rest. Please attach at least two full-body pictures of yourself in clear lighting, preferably including a back double biceps and front relaxed pose in beach/posing attire or similar clothing to evaluate your current physique.

Lifestyle

Are there any times at which you are unable or unwilling to train? This includes when you're at work. If you insist on training at any specific time, such as in the mornings, please let me know here as well.

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Which of the following options best describes your day to day activity level aside from your planned training sessions?

- Sedentary (e.g. office job with standard life chores)
- Somewhat active (e.g. you have a long commute by bicycle)
- Active (e.g. full-time PT, literally on your feet most of the day)
- Very active (e.g. involved in manual labor)

Which of the following options best describes your stress level?

- Stress-free (e.g. on holiday or retired)
- Only occasional/mild stress (e.g. student outside of exam periods)
- Average stress (e.g. full-time work with a commute)
- High stress (e.g. very high-paced work environment with great responsibility)

How is your sleep rhythm and quality?

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How much caffeine do you consume daily on average or on a typical work day?

[Women only] Do you have a regular menstrual cycle? And are you using any form of contraception? If these questions are sensitive, feel free to ignore them, but the more information I have, the better I can help you.

Equipment

Do you have skinfold calipers and if so, what's the brand and model?

What are the lightest barbell weight plates you have access to?

What are the smallest weight increments between the sets of dumbbells you have access to?

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Do you have access to...

- a squat cage or rack?
- a 45° hyperextension bench?
- a reverse hyper machine?



- a glute-ham raise?



- a dip/chin-up belt?
- a leg curl machine and if so, is it seated (a), lying (b) or standing (c)?
- a leg extension machine?
- a pair of knee wraps?
- gymnastic rings?
- a TRX or similar suspension device?

[illegible]

- powerlifting bands (*not* the light home workout stuff)?
- powerlifting chains?
- a seated calf raise and if so, is it closed chain where you push your body up (see example image below) or different?



- a cable tower and if so, is it adjustable?



Note that you don't need access to all of the above equipment to have a good training program.

Does your available equipment differ from that in most gyms in any other way (e.g. you train in a CrossFit box or at home)?

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Supplements

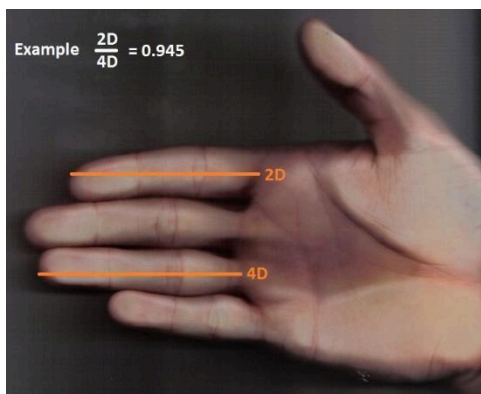
Please list all supplements you're currently taking.

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Genetics

- Wrist circumference (smallest point)
- Ankle circumference (smallest point)
- How much did you weigh before you started lifting and what was your height at that point?
- Were you heavy as a baby?

Please attach a picture to this form in which your right hand is clearly visible: place your right hand on a flat surface with your palm up and your fingers touching each other and then take a picture of it.



Current Program

Please describe or attach your current diet plan in detail.

Please describe or attach your current training program in detail.

Please return the completed form to cfgfcoaching@gmail.com and attach at least two full-body pictures of yourself in *clear* lighting (without excessive shadows; not your most flattering Facebook selfies), preferably including a back double biceps and front relaxed pose in posing attire or similar clothing.

If you recently had blood work done, please attach its results as well.