

Love Life Corporation dba Fitness Works Client Registration and Information Questionnaire

All information received on this form will be treated as strictly confidential. Please fill out the forms **completely and accurately**. This information is essential to help you develop a program that addresses your needs, goals, and is safe and effective.

Name: _____ Date of Birth ____/____/____ Age: ____

Address: _____

Phone: _____ (primary) _____ (secondary)

Email address: _____

Occupation: _____

Emergency Contact: _____ Relationship to you: _____

Phone: _____

Physician's Name: _____ Physician's Phone: _____

Physician's Address: _____

- All workouts start promptly. Please arrive on-site early.**
- Workouts are designed for ALL fitness levels. It is your responsibility to inform the instructor of limitations and/or if you require exercise modifications.**
- You are welcome to make up a missed session within the time frame of your package. Please inform us if you wish to participate in an alternate session 12 hours prior to scheduled start time.**



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Lifestyle Related Questions:

- 1) Do you smoke? YES NO If yes, how many per day? _____
- 2) Do you drink alcohol? YES NO If yes, how many glasses per week? _____
- 3) How many hours do you regularly sleep at night? _____
- 4) Describe your job: ___ Sedentary ___ Active ___ Physically Demanding
- 5) Does your job require travel? YES NO
- 6) On a scale of 1-10, how would you rate your stress level (1=very low 10=very high)? _____
- 7) List your 3 biggest sources of stress:
a. _____ b. _____ c. _____
- 8) Do you regularly utilize the services of a massage therapist? YES NO
- 9) Is anyone in your family overweight? ___ Mother ___ Father ___ Sibling ___ Grandparent
- 10) Were you overweight as a child? YES NO If yes, at what age(s)? _____

Fitness History:

- 1) When were you in the best shape of your life: _____
- 2) Have you been exercising consistently for the past 3 months? YES NO
- 3) When did you first start making fitness more of a priority in you life? _____
- 4) What, if anything, stopped you in the past? _____
- 5) On a scale of 1-10, how would you rate your present fitness level? (1=very poor/10=best) _____

Exercise Related Questions: Skip to next section if you are presently inactive.

- 1) How often do you take part in physical exercise? 5-7x/week 3-4x/week 1-2x/week
- 2) If your participation is lower than you would like it to be, what are the reasons?
Lack of Interest Illness/Injury Lack of Time Other _____
- 3) For how long have you been consistently physically active? _____
- 4) What activities are you presently involved in?

- 5) Please circle all the activities that interest you:

Group Fitness Classes	Snowshoeing	Football
Private Personal Training	Cross Country Skiing	Soccer
Partner Training	Hiking	Swimming
Boxing workouts	Golf	Tennis
Cycling	Basketball	Triathlon
Pilates/Yoga	Baseball	Volleyball
Running Programs	Rock climbing	Kayaking
Walking Programs	Skiing/Snowboarding	White Water Rafting

Developing your Fitness Program:

1. Please circle how/when you prefer to exercise:

- a) LARGE GROUPS SMALL GROUPS ALONE COMBINATION
 b) MORNING AFTERNOON EVENING

2. Realistically, how often a week would you like to exercise? _____x/week

3. Realistically, how much time would you like to spend during each exercise session? _____

4. Based on your commitment, how often would you like Fitness Works to help you achieve your goals?

- 3x/week 2x/week 1x/week 1x/two weeks 1x/month Other: _____

5. What are the best days during the week for you to commit to your exercise program?

M T W TH F S S

6. If you could design your own exercise program, what would an ideal training week look like to you? Please be specific. List your favorite activities, rest days, time spent, etc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Goal Setting;

Fitness Works wants you to succeed! How can we help you get the most out of your time with us? _____

In order to increase your chances of being successful at achieving your goals, a certain protocol should be followed. Please ensure all your goals are **'SMART'**.

S= Specific (Provide details, how long, how much etc.)

M= Measurable (How will you measure whether you've reached your goals)

A= Attainable (Be realistic, set smaller goals)

R = Rewards-Based (Attach a reward to each goal)

T = Time Frame (Set specific dates for goals)

1. Please list in order of priority, the fitness goals you would like to achieve in the next 3-12 months?

- a) _____
 b) _____
 c) _____

2. How important is it for you to achieve these goals? ___ Very ___ Semi ___ Not very

3. How long have you been thinking about achieving these goals? _____

4. How will you feel once you've achieved these goals? Be specific.

5. Where do you rate health in your life? Low Medium High priority

6. How committed are you to achieving your fitness goals? Very Semi Not very

7. Outline what you feel are the obstacles or your potential actions, behaviors, or activities that could impede your progress towards accomplishing your goals (i.e. not training consistently, upcoming vacation, busy season at work, not following the program, allowing other responsibilities to become a priority over exercise, etc.).

8. Outline 3 methods that you plan to use to overcome these obstacles:

a. _____ b. _____ c. _____

Nutrition Related Questions:

1) On a scale of 1-10, how would you rate your Nutrition? _____ (1=very poor 10=excellent)

2) How many times a day do you usually eat (including snacks)? _____

3) Do you skip meals? YES NO 4) Do you eat breakfast? YES NO

5) Do you eat late at night? Sometimes Often Never

6) What activities do you engage in while eating? (TV, reading etc) _____

7) How many glasses of water do you consume daily? _____

8) Do you feel drops in your energy levels throughout the day? YES NO If yes, when? _____

9) Do you know how many calories you eat per day? YES NO If yes, how many? _____

10) Are you currently or have you ever taken a multivitamin or any other food supplements? YES NO

If yes, please list the supplements: _____

11) At work or school, do you usually: Eat out Bring food

12) How many times per week do you eat out? _____

13) Do you do your own grocery shopping? YES NO

14) Do you do your own cooking? YES NO

15) Besides hunger, what other reason(s) do you eat?

Boredom Social Stressed Tired Depressed Happy Nervous

16) Do you eat past the point of fullness? Often Sometimes Never

17) Do you eat foods high in fat and sugar? Often Sometimes Never

18) List 3 areas of your Nutrition you would like to improve:

a. _____ b. _____ c. _____

19) Would you like nutritional education or assistance from your fitness instructor? YES NO

PAR-Q FORM: Please mark YES or NO to the following:

- Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity? _____
- Do you frequently have pains in your chest when you perform physical activity? _____
- Have you had chest pain when you were not doing physical activity? _____
- Do you lose your balance due to dizziness or do you ever lose consciousness? _____
- Do you have a bone, joint or any other health problem that causes you pain or limitations that must be addressed when developing an exercise program (i.e. diabetes, osteoporosis, high blood pressure, high cholesterol, arthritis, anorexia, bulimia, anemia, epilepsy, respiratory ailments, back problems, etc.)? _____
- Are you pregnant now or have given birth within the last 6 months? _____
- Have you had a recent surgery? _____
- If you have marked YES to any of the above, please elaborate below:

-
- Do you take any medications, either prescription or non-prescription, on a regular basis? _____
 - What is the medication for? _____
 - How does this medication affect your ability to exercise or achieve your fitness goals? _____
-

PARTICIPANT RELEASE AND KNOWLEDGE OF AGREEMENT

1) I, _____, wish to participate in the exercise and training programs offered by Fitness Works and Love Life Corp. I understand there are inherent risks in participating in a program of strenuous exercise; consequently, I have been examined by a physician of my choice and have obtained his/her approval for my participation in a fitness program within sixty (60) days of the date set forth below. No change has occurred in my physical condition since the date such approval was given which might affect my ability to participate in the fitness program. If a physician has not examined me, I agree to see a physician within sixty (60) days of the date set forth below to obtain his/her approval for my participation in a fitness program. If I choose not to see a physician prior to beginning a fitness program, I do so strictly at my own risk and against recommendation of Fitness Works and Love Life Corp. I also agree to provide Fitness Works with my physician's contact information so that Fitness Works may receive direct clearance and program limitations from my physician.

I further agree that Fitness Works and Love Life Corp shall not be liable or responsible for any injuries to me resulting from my participation in the fitness program (whether at home, at the training studio, outdoors, or at a corporate, commercial, residential or other fitness facility), and I expressly release and discharge Fitness Works and Love Life Corp, its owners, employees, agents and/or assigns from all claims, actions, judgments and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any injury or other damage which may occur in connection with my participation in the fitness program, excepting only an injury caused by an intentional act of such person or persons. This Release shall be binding upon my heirs, executors, administrators, and assigns.

I have read and understand this term: _____(initial)

2) I understand that Fitness Works and Love Life Corp. will make every reasonable effort to preserve the privacy of the information contained in this Client Information Questionnaire. I further agree that Fitness Works and Love Life Corp Inc shall not be liable or responsible to me for any inadvertent disclosure of the information contained in the Client Information Questionnaire and I expressly release and discharge Fitness Works and Love Life Corp, its owners, employees, agents and/or assigns from all claims, actions, judgment and the like which I or my heirs, executors, administrators or assigns may have or claim to have as a result of any damage which may occur in connection with disclosure of private information contained in the Client Information Questionnaire. This release shall be binding upon my heirs, executors, administrators and assigns.

I have read and understand this term: _____(initial)

3) I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance is requested if I have answered "Yes" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform all employees of any conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury.

I have read and understand this term: _____(initial)

4) I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my Instructor, or alternate staff.

I have read and understand this term:_____ (initial)

5) I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I have read and understand this term:_____ (initial)

6) I understand that all Group session rates are based on 60, or 75 minute sessions and should I arrive late, I will not receive the full session. In return, if my Group Instructor is late for a session, I will still receive the full session time.

I have read and understand this term:_____ (initial)

7) I understand that Fitness Works and Love Life Corp bills its Group Session clients on a pre-pay basis. Once my instructor and I have decided upon the type of training package and payment plan I will purchase, payment must be made before the sessions are conducted. Cash, and checks made payable to Fitness Works and Love Life Corp are all accepted. I understand that all Training sessions are non-transferable and non-refundable. I also understand that all Training sessions must be redeemed within one year of purchase.

I have read and understand this term:_____ (initial)

8) I understand that Fitness Works and Love Life Corp operates on a scheduled appointment basis for all sessions and thus requires that I provide 24 hours' notice when canceling an appointment. No charge will be levied should I cancel with MORE than 24 hours' notice given. Should I cancel a session with less than 12 hours' notice, I will be charged in full for that session. I understand that Fitness Works recommends that all cancelled sessions be rescheduled to ensure consistency and progress.

I have read and understand this term:_____ (initial)

9) I understand that during a Group Training session, my trainer/instructor may have to touch my muscles or joints to correct alignment and/or to focus my concentration on a particular muscle area to be targeted. If I feel uncomfortable or experience any type of discomfort with this form of touch, I will immediately request that it be discontinued.

I have read and understand this term:_____ (initial)

10) I understand that the usage of any nutritional supplements is done under my own will and has not been prescribed by my Instructor or any other Fitness Works staff member.

I have read and understand this term:_____ (initial)

11) I understand that should my Trainer become ill or is away on holiday, another trainer will be assigned to me so that my fitness progress does not suffer. I also understand that in the event that my Personal Trainer is no longer employed by Fitness Works a suitable Trainer will be re-assigned to oversee my program and workout sessions.

I have read and understand this term:_____ (initial)

12) I understand that Fitness Works photographs many of their client events/sessions and I provide Fitness Works the absolute right and permission to use these pictures/images for any lawful promotional, advertising or marketing purpose.

I have read and understand this term:_____ (initial)

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

CLIENT

DATE

LOVE LIFE REPRESENTATIVE

DATE