



For office use only: DE  \_\_\_\_\_ EE  \_\_\_\_\_ NCL \_\_\_\_\_ PL  \_\_\_\_\_

Personal Trainer: \_\_\_\_\_

1<sup>st</sup> Appointment: \_\_\_\_\_

## PAR-Q FORM

Please mark YES or No to the following:

YES NO

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:

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Do you take any medications, either prescription or non-prescription, on a regular basis? Yes/No

What is the medication for? \_\_\_\_\_

How does this medication affect your ability to exercise or achieve your fitness goals?

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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 thinking about getting in shape? \_\_\_\_\_
- 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=Worst 10=Best)? \_\_\_\_\_

## **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?  Often    Sometimes    Rarely    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? Y N  
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    Rarely    Never
- 17) Do you eat foods high in fat and sugar?  Often    Sometimes    Rarely    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 a professional coach? YES NO

**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?

Cardio &/or Sports	Frequency/Week	Average Length	Easy/Mod/Hard
_____	_____	_____	_____

Is cardio conditioning an area that you would like us to help you with?      YES      NO

Strength Training	Frequency/Week	Average Length	Easy/Mod/Hard
_____	_____	_____	_____

List exercises:

\_\_\_\_\_

Would you like some assistance with your muscle conditioning program?      YES      NO

Stretching	Frequency/Week	Average Length
_____	_____	_____

Would you appreciate some help with a stretching program?      YES      NO

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
Indoor Cycling	Basketball	Triathlon
Pilates/Yoga	Baseball	Volleyball
Running Programs	Rockclimbing	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 schedule and our facility location, where will most workouts take place?

NWWF Club/Studio      Home      Another Gym      Outside      Work Gym

5. Based on your commitment, how often would you like to see a trainer to help you achieve your goals?

3x/week      2x/week      1x/week      1x/two weeks      1x/month      Other: \_\_\_\_\_

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

M      T      W      T      F      S      S

7. 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:**

How can we best help you? Please check that which applies.

- Lose Body Fat     Develop Muscle Tone     Rehabilitate an Injury     Nutrition Education
- Start an Exercise Program     Design a more advanced program     Safety
- Sports Specific Training     Increase Muscle Size     Fun     Motivation

Other \_\_\_\_\_

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 priority     Medium Priority     High priority

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

7. What do you think is the most important thing your Personal Trainer can do to help you achieve your fitness goals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. 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.).

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

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

**Miscellaneous Questions:**

1. How did you hear about us? Please check applicable source.

- Website  Postcard  Groupon  Drop-in  Facebook
- Word of Mouth Referral – Who? \_\_\_\_\_
- Newspaper/Magazine Column or Ad – Which one? \_\_\_\_\_
- Flier in local business – Where? \_\_\_\_\_
- Chamber of Commerce/Networking Event  Other \_\_\_\_\_

2. Why did you choose to train with Northwest Women's Fitness instead of another organization? Please check that which applies.

- Location  Personal Trainers  Cost  Customer Service  Word of Mouth Referral
- Programs  You heard we were the best  You know we are going to produce results
- Other \_\_\_\_\_

3. How far do you live from our training studio? \_\_\_\_\_ miles

4. Which newspaper(s) do you read? \_\_\_\_\_

5. Which radio station(s) do you listen to? \_\_\_\_\_

6. Which local magazine(s) do you read? \_\_\_\_\_

7. Which local morning TV show do you watch? \_\_\_\_\_

8. What would cause you to discontinue training with us?

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## PARTICIPANT RELEASE AND KNOWLEDGE OF AGREEMENT

- 1) I, \_\_\_\_\_, wish to participate in the exercise and training program offered by NW Women's Fitness (NWWF). 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 NWWF. I also agree to provide NWWF with my physician's contact information so that NWWF may receive direct clearance and program recommendation/limitations from my physician. I further agree that Northwest Women's Fitness (NWWF), Elizabeth Kramer or Envista Fitness LLC 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 NWWF, Elizabeth Kramer or Envista Fitness LLC, 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 Northwest Women's Fitness (NWWF), Elizabeth Kramer or Envista Fitness LLC will make every reasonable effort to preserve the privacy of the information contained in this Client Information Questionnaire. I further agree that Northwest Women's Fitness (NWWF), Elizabeth Kramer or Envista Fitness LLC, 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 Northwest Women's Fitness (NWWF), Elizabeth Kramer or Envista Fitness LLC, 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 Personal Trainer, Group Fitness 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 Private Personal Training rates are based on 25, 55, or 85 minute sessions and should I arrive late, I will not receive the full session with my trainer. In return, if my Personal Trainer is late for a session, I will still receive the full session time.

**I have read and understand this term: \_\_\_\_\_ (initial)**

7) I understand NWWF bills its Personal Training clients on a pre-pay basis. Once my trainer 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. Credit cards, cash, and checks made payable to NW Women's Fitness are all accepted. I understand that all Personal Training sessions are non-transferable and non-refundable. I also understand that all Private Personal Training sessions must be redeemed within one year of purchase.

**I have read and understand this term: \_\_\_\_\_ (initial)**

8) I understand that NWWF 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 24 hours' prior notice, I will be charged in full for that session. It is recommended 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 Personal Training or 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 Personal Trainer or any other NWWF staff member.

**I have read and understand this term: \_\_\_\_\_ (initial)**

11) I understand that should my Personal 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 NWWF a suitable Personal Trainer will be re-assigned to oversee my program and workout sessions.

**I have read and understand this term: \_\_\_\_\_ (initial)**

12) I understand that NWWF photographs many of their client events/sessions and I provide NWWF 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

\_\_\_\_\_  
GUARDIAN'S SIGNATURE  
Required for clients 17 years old and younger

\_\_\_\_\_  
DATE

\_\_\_\_\_  
STAFF REPRESENTATIVE

\_\_\_\_\_  
DATE