



Personal Information Sheet

All information received on this form will be treated as strictly confidential. Energy Group Fitness Studios will not sell or distribute any information you provide to any other company or individual.

Name: _____

Mailing Address:

Address 1: _____

Address 2: _____

City: _____

Postal Code: _____

Telephone numbers:

Home: _____

Work: _____

Mobile: _____

Email address:

Date of Birth: Day _____ Month _____ Year _____

Emergency contact information

Name: _____

Relationship: _____ Contact number: _____

Signature: _____

Date: _____

How did you hear about us?

- Friend
- Google search:
- Blog, Facebook, other fitness websites
- Urban Baby
- BC Parent Magazine or recourse guide
- Look Magazine
- Poster
- Other _____

What activities do you like to do for fun?

1. _____
2. _____
3. _____
4. _____
5. _____



Help us help you!

Please take a moment to share your goals and the obstacles to those so that we can make sure you get the most from us!

Goals:

What are the top 3 fitness goals you would like to achieve in the next 6 months?

1. _____
2. _____
3. _____

How would you reward yourself once you have achieved these goals? _____

How committed are you to achieving your fitness goals? 1 2 3 4 5

(1= it would be nice but there are other things more important 5 = It's my number 1 priority!)

How can we help you achieve these goals?

Obstacles:

What are your top 3 obstacles to achieving your goals?

____ Time ____ Money ____ Fear ____ Boredom ____ Procrastination
____ Injury ____ Self confidence ____ Low energy ____ Husband/ wife/ other
____ Lack of motivation ____ Other: _____

Work & Lifestyle:

What is your occupation: _____

Physical Activities at work: ie sitting, lifting, driving etc _____

Rate the stress level of your occupation (1 none to 10 extremely): 1 2 3 4 5 6 7 8 9 10

What do you do for you stress release at the moment? _____

What are you 3 biggest sources of stress?

1. _____
2. _____
3. _____

How many hours do you sleep a night (on average)? _____

What 3 activities/ sports you like participating in?

1. _____
2. _____
3. _____