

Trainer:

Client:

Returning Client: **Y or N**

# of Sessions:

## **Personal Training Client Pre-Participation Packet**

Dear Client,

Prior to meeting with a trainer, please complete these forms. It is recommended that all participants see their medical doctor prior to participating in any rigorous exercise. Any clients that are male over the age of 45 or female over the age of 55 may be required to have a doctor's release form completed and on file prior to participating in any form of exercise.

To be completed before your first exercise session:

- Doctor's release form (if necessary)
- Health screen questionnaire
- PAR-Q
- Personal trainer/Client code of conduct
- Purchase desired training package
- Consultation with personal trainer
- Make appointment for first training sessions