



Personal Fitness Plan Information

Name (ensure correct spelling):

Age:

Sex:

Goal:

Weight:

Body Fat %:

Exercise Limitations (if any):

Desired Exercises (if any):

How long have you been exercising consistently?

How many days per week will you be exercising?

How long will you exercise each day?

Will you be exercising with a Personal Trainer?

If yes, how many days per week?

Would you say you are a novice exerciser or advanced?

If yes, what is the name of the PBD Personal Trainer you will be working with?

Trainer should promptly email this completed form to: jmeacham@precisionbodydesigns.com
Trainer may also call information in by dialing: (985) 312-9407

Client should receive their Personal Fitness Plan within 10 days, typically 5-7 days.