

Looking for a Personal Trainer?

Name _____ Age _____ Today's Date _____

Phone _____ Email _____

Are you a Life Center Plus Member? Y N

Have you worked with a personal trainer at LCP in the past? Y N

If so, who and are you interested in working with them again? _____

Do you prefer to work with a female or male trainer? F M

If you had a specific trainer(s) in mind, please name _____

Have you completed a Physical Therapy Program at LCP? Y N

If so, who was your Physical Therapist? _____

Which days and times are you looking to personal train (circle all that apply)?

Mon Tue Wed Thur Fri Sat Sun

Mornings

Afternoon

Evenings

What are your main goals (ie. weight loss, rehab, athletics)? _____

What barriers do you find stand in your way from reaching your goal? _____

Comments _____

Please submit form to the Front Desk upon completion. If you have any further questions or concerns, please contact our Fitness Department at 330-655-2377 ext.121 or fitfriends@lifecenterplus.com

