FITNESS ASSESSMENT QUESTIONNAIRE

Please answer all questions accurately and honestly to allow us to fully determine your individual needs.

Body Fat % _____ Date: _____ T-Shirt Size: _____

First Name: _____ Last Name: _____

Address: _____ City: _____ State: ____ Zip: _____

Home Phone: _____ Business or Alt Phone: _____

Age: _____ Height: _____ Weight: _____ Ideal Weight: _____

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1. Have you been a member of a health club before? ☐ Yes ☐ No
2. Have you been exercising regularly for the past 6 months? ☐ Yes ☐ No
3. During your last program did your progress slow dramatically after the first few weeks? ☐ Yes ☐ No
4. Do you smoke? ☐ Yes ☐ No
5. Do you drink occasionally? ☐ Yes ☐ No
6. How long did you keep your last health club membership while not using the facility? ____ Months ____Yrs
7. How often do you eat out? _____ Times per week.
8. How often do you buy new clothes in an attempt to improve your self-image and/or confidence? _____ Times per month.
9. Please list the habits you would like to change: _____
10. What events in your life are coming up that will motivate you to reach your goals? _____
11. After reaching your goals, how will your life be different? _____
12. Over the past 10 years how many times have you started and stopped a nutrition and exercise regiment?
    ☐ 1 – 5 ☐ 6 – 10 ☐ 11 – 15 ☐ 16 – 20 ☐ Too many to count
13. What external factors have derailed your progress in the past?
    ☐ Time ☐ Money ☐ No facility ☐ Procrastination ☐ Lack of support
14. In your own opinion, why did you fail to "stick with it"?
    ☐ Discipline ☐ Knowledge ☐ Experience ☐ Accountability ☐ Lack of expertise
15. I would like to:
    ☐ Lose weight ☐ Gain weight ☐ Feel better ☐ Look better ☐ Live healthier
16. On a scale of 1 – 1-, how serious are you about achieving your goals?
    1 2 3 4 5 6 7 8 9 10
17. Is there anything else your trainer should be aware of? _____

RELEASE AND WAIVER OF LIABILITY

MEMBER'S ACKNOWLEDGEMENT OF ASSUMPTION OF RISK AND FULL RELEASE FROM LIABILITY OF USA PT, LLC. Member acknowledges that the Personal Training/Fitness Assessment hereunder includes participation in strenuous physical activities, including but not limited to, aerobic dance, weight training, stationary bicycling, and various aerobic conditioning machines (the "Physical Activities"). Member acknowledges these Physical Activities involve inherent risk of physical injuries or other damages, including, but no limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and other illness, soreness, or injury however caused, occurring during or after the Members participation in the Physical Activities. Member further acknowledges that such risks include but are not limited to, injuries cased by the negligence of an instructor or other person, defective or improperly used equipment, over exertion of a Member, slip and fall by Member, or an unknown health problem of Member. Member agrees to assume all risk and responsibility involved with participation in the Physical Activities. Member affirms that Member is in good physical condition and does not suffer from any disability that would prevent or limit participation in the Physical Activities. Member acknowledges that participation will be physically and mentally challenging, and Member agrees that it is the responsibility of Member to seek competent medical or other professional advice regarding any concerns involved with the ability of Member to take part in the Physical Activities. By signing this Agreement, Member asserts that he or she is capable of participating in the physical activities. Member agrees to assume all risk and responsibility for exceeding his or her own physical limits. Member, on behalf of Member, his or her heirs, assigns the next of kin, agrees to fully release USA PT, LLC (as well as any of its owners, related entities, employees or other authorized agents, including Independent Contractors) from any and all liability, claims and/or litigation actions that Member may have for injuries, disability or death or other damages of any kind, including but not limited to punitive damages, arising out of participation in the Physical Activities, including but not limited to the Personal Training/Nutritional Program and the Physical Activities, even if caused by the negligence, intentional acts or omissions and/or any other type of fault of USA PT, LLC, it's owners, employees or other authorized agents including Independent Contractors.

Member Signature: X_____ Date: _____