



## PERSONAL TRAINING PARTNERSHIP -- INFORMATION

Personal training sessions are individualized, progressive workouts designed to meet your needs and goals that utilize a variety of techniques and equipment. Overall wellness support is offered in the training partnership as well.

Sessions can be scheduled weekly, bi-weekly, monthly or as needed.

Please complete the following information and submit it to: [embodyhealthlewisston@gmail.com](mailto:embodyhealthlewisston@gmail.com) or bring to the Embody studio.

Name: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Describe your current fitness routine:

---

---

Describe any prior fitness experiences:

---

---

Describe any chronic injuries, physical limitations, and/or prior surgeries:

---

---

Which days/times are you available for training:

---

Would you prefer 30 or 45-minute session(s): \_\_\_\_\_

How often would you like your sessions (once a week, twice a week, bi-weekly, etc.)? \_\_\_\_\_

What are you looking for from a personal trainer: \_\_\_\_\_

---

---



**Please describe your overall health and wellness goals:**

---

---

**Please describe your fitness goals:**

---

---

**Describe any current barriers that are keeping you from your goals:**

---

---

**Are you interested in additional nutritional services:**

---

---

**Any other information you would like to share:**

---

---