



Personal Training Request

Trainer: _____

Client specifically requested this trainer? Yes No

Client: _____

Phone Number: _____

E-mail Address: _____

Date contacted Fitness Plus: _____

Phone In Person

Client is currently a member of Fitness Plus: Yes No

Goals: _____

Limitations: _____

Availability: _____

(Signed)

Trainer contacted client on: _____

Scheduled first appointment for: _____