

## Intake Form

Fill out as much as you can, including as much detail as you are comfortable with sharing. The more thorough your responses are, the better we can prepare and assess your goals and needs prior to meeting you.

Name:

Email:

Height:

Age:

Weight:

Sex

Health conditions that would or could possibly affect your health and fitness goals (still include if unsure):

What are your health/fitness goals?

Why do you want to achieve these goals?

What is your current activity level?

Sedentary	Lightly Active	Active	Very Active
<p>-Activities of daily living only, such as shopping, cleaning, watering plants, taking out the trash, walking the dog, mowing the lawn and gardening.</p> <p>-No moderate or vigorous activities.</p> <p>-Unless you do at least 30 minutes <i>per day</i> of intentional exercise, you are considered sedentary.</p>	<p>-Daily exercise that is equal to walking for 30 minutes at 4mph. For an adult of average weight, this amount of exercise will burn about 130-160 additional calories.</p> <p>-More intense exercise can be performed for less time to achieve the same goal. For example, 15-20 minutes of vigorous activity, such as aerobics, skiing or jogging on a daily basis would put you in this category.</p>	<p>-Daily exercise that is equal to walking for 1 hour and 45 minutes at 4mph. For an adult of average weight, this amount of exercise will burn about 470-580 additional calories.</p> <p>-More intense exercise can be performed for less time. For example, jogging for 50 minutes per day.</p>	<p>-Daily exercise that is equal to walking for 4 hours and 15 minutes at 4mph. For an adult of average weight, this amount of exercise will burn about 1,150-1400 additional calories.</p> <p>-More intense exercise can be performed for less time. For example, jogging for 2 hours minutes per day.</p>

In what ways do you exercise and how often? (Walking, jogging, yoga, lifting, rec sports, etc.) List all that apply.

How would you describe your nutrition? Do you have any dietary restrictions (allergies, vegan, vegetarian, etc.)?

What does your average daily routine look like? For a week day and a weekend day.

Are there any barriers that might hinder your ability to achieve your goals?

What have you tried before to maintain a healthy lifestyle (diets, workouts)? What did you like and dislike about those methods?

Are you willing and able to commit your time and resources to achieving your goals through our programming?