



TRAINING AND NUTRITION QUESTIONNAIRE

This questionnaire will assess your level of activity and help establish an appropriate level of program to start with.

Name _____ Occupation _____

Email _____ Telephone _____

Height _____ Weight _____ Age _____ Date of birth _____

Training Goal _____

Current Workout Plan _____

Cardio _____

Current Nutrition Plan _____

Foods you Enjoy _____

Food Allergies _____
