

The Training Den Helena LLC

Lifestyle and Health History Questionnaire

CLIENT PERSONAL INFORMATION

Name: _____ Date: _____

Age: _____ Gender: _____ Height: _____ Weight: _____

Physician Name and Phone #: _____

Emergency Contact Name and Phone #: _____

EXERCISE

What exercise activities do you currently take part in (e.g., running, weightlifting, group exercise, etc.)?

How many days per week do you get at least 60 minutes of moderate-intensity exercise?

On a scale of 0 to 10, how important are the following fitness goals to you?

Weight loss: _____

Muscle gain: _____

Sports performance: _____

Health improvement: _____

DIET

On a scale of 0 to 10, do you consider your overall diet to be healthy?

Are you currently following any kind of diet? If so, what diet and for what reason(s)?

How would you rank your daily salt intake: low, medium, or high?

How would you rank your daily sugar intake: low, medium, or high?

How would you rank your daily fat intake: low, medium, or high?

On a scale of 0 to 10, how effectively are you able to control your temptations for junk food?

How many alcoholic drinks do you consume per week?

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Do you consume caffeinated beverages such as coffee, tea, soda, and/or energy drinks? How many per week?

LIFESTYLE

Do you feel like you get enough sleep and wake up feeling rested each day?

On a scale of 0 to 10, how would you rate your average level of stress?

What techniques do you currently use to manage your stress levels?

Do you smoke tobacco or use a vaporizer alternative?

OCCUPATION

What is your occupation?

Does your occupation require extended periods of sitting? (If YES, please explain.)

Does your occupation require repetitive movements? (If YES, please explain.)

Does your occupation require you to wear shoes with a heel (e.g., dress shoes, work boots)?

RECREATION

Do you partake in any recreational physical activities (golf, skiing, etc.)? (If YES, please explain.)

Do you have any additional hobbies (gardening, fishing, music, etc.)? (If YES, please explain.)

MEDICAL

Please list out any past musculoskeletal injuries:

Please list out any past surgeries:

If you have experienced injuries or surgeries, were they properly rehabilitated and did you receive clearance from a doctor to return to physical activity?
