**PERSONAL INFORMATION WORKSHEET**

NAME:

AGE:

ATTITUDE AND MOTIVATION TO TRAINING:

Aim (What do you want to achieve from your training program?):

Objectives (How do you intend to achieve your aim?):

-

-

Give a brief description of your lifestyle and physical history? Have you played any sports or been to the gym before?

Short term goal:

Medium term goal:

Long term goal: