



On a scale of 1 through 10, how motivated are you to achieve your fitness goals?
 (10 = I'm willing to do whatever it takes; 1 = I'm being forced to participate) _____

What do you think is a reasonable timeline to achieve your fitness goals?
 _____ Yrs. _____ Mos.

What would increase your motivation to achieve your fitness goals? What would decrease your motivation?

The majority of individuals who wish to engage in physical activity can do so with little to no limitations. Marina Athletic reserves the right to defer to the medical community any condition disclosed herein that suggests or demands further evaluation. All information is voluntary and will remain confidential unless written consent for release has been obtained.

Client Signature _____ Date _____

STAFF USE ONLY

Evaluator Name		Date	
Heart Rate	Blood Pressure	/	
Risk Category	High	Moderate	Low
Will a medical clearance be required for this client?		Yes	No
Assigned Trainer Name			
First Session Date		Time	
Signature		Date	