



Personal Training Enrolment Form

Name:

Address:

Sex: Male Female Age:

Phone: (H) (M)

Email:

Emergency Contact:

Preferred date of commencement: / /

How did you hear about Fitness 4 All?

Mail Friend Yellow Pages Yellow Pages Online Other:

Session Preference

What are your goals with Fitness 4 All?

- Increase Fitness / Health
- Loss of Weight
- Make New Friends

What time of day do you prefer to exercise?

- Morning
- Daytime
- Evening

Preferred Day: Monday Tuesday Wednesday Thursday Friday

Preferred Time: am pm am pm am pm am pm am pm

Please note: Staff are available from 7.00am - 7.00pm