

**The Wellness Centers at: NW Cary M'mont**  
*Personal Training Referral Form*

**Client Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Phone: \_\_\_\_\_ / \_\_\_\_\_ Preference in trainer: M or F or Either

Email: \_\_\_\_\_ Member? YES NO

**Trainer requested:** \_\_\_\_\_ Unsure of the right trainer for you? \_\_\_\_\_

Referred by: \_\_\_\_\_

**Client Information:**

M or F Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ B.P.: \_\_\_\_\_ / \_\_\_\_\_

Medical History (Current issues, any past surgeries, medications, and/or limitations):

\_\_\_\_\_

\_\_\_\_\_

What are your goals for working with a trainer?

\_\_\_\_\_

\_\_\_\_\_

Are you currently participating in an exercise program? \_\_\_\_\_ If Yes, please explain (how often, how long, what type of activities).

\_\_\_\_\_

\_\_\_\_\_

If No, what would you like to be doing or learn how to do?

\_\_\_\_\_

\_\_\_\_\_

Availability (best days/time to meet with trainer): \_\_\_\_\_

Planning on a couple sessions or long term? \_\_\_\_\_

**Please read the following policies and sign that you agree to follow these policies:**

- The information that I have provided regarding my medical history is complete.
- I understand that all fees are paid prior to the service is rendered. The fees for my particular service have been explained to me.
- I understand that if I cancel an appointment without 24 hours notice then I may be billed for the session just as if I had attended. If the personal trainer cancels a session with me, without 24 hours notification, then I am entitled for one free 1 hour session.
- The trainer may wait for 20 minutes after a scheduled appointment, after 20 minutes, it is the same as not coming, and I may be charged for the session.
- If I have questions or problems regarding my training and/or personal trainer I am to direct those questions to the Lifestyle Enhancement Director at (984) 974-2561.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_