

Bell's Bodies Fitness, LLC
928 Creek Rd, Suite A13
Bellmawr, NJ 08031

Client Information and Fitness Profile

Name: _____ Date: _____

Address: _____

Home Phone: _____ Cell: _____

Email: _____

Occupation: _____ Work Phone: _____

Age: _____ Birthday: _____ Male/Female

Emergency contact: _____

Phone: _____

FITNESS AND MEDICAL BACKGROUND

What is your past exercise experience?

What are your short-term goals? (1-3 months)

Have you ever been a member of a fitness facility or participated in a personal training program? If yes, explain...
