



Annual Trainer – Client ***Check In***

Name: _____

Date: _____

1. Please select which one applies to your training the most:

- I have a goal to strength train 1-2 times per week consistently for health and wellness.
- I have a specific goal in mind, such as weight loss, get stronger or improve my 5K time.
- I only train because I feel like I have to.

1a. If you have a specific goal in mind, what is it? _____

2. Please select which one applies to your training mindset the most:

- I am 100% mentally engaged in my training program. I give it my all.
- I am kind of there, kind of not, depending on the day.
- I am checked out almost all the time.

3. Please select which one applies to your current training:

- I am meeting my goals, and then some.
- I am not progressing, I'm maintaining. I feel good about that.
- I am not progressing, I'm maintaining. I feel stuck and frustrated.
- I am backsliding.

4. Please select which one applies to your current personal training:

- I consistently strength train two days per week.
- I average one strength training session each week.
- I am hit or miss, and struggle with consistency.

5. Please select which one applies to your current aerobic training:

- _____ I consistently do 45 minutes of ZONE 2 cardio 4-5 days per week.
- _____ I walk (do cardio) a few days each week, but I do not know my heart rate.
- _____ I struggle to do cardio on my own.

6. Please select which one applies to your current nutrition:

- _____ I could not be doing any better and I feel fantastic.
- _____ I do OK, but I know if I improved my nutrition, I would feel better and see results.
- _____ I really struggle in this area, and feel like I undo all my hard work with food choices.

7. Please select one of the following:

- I do personal training and Tread classes.
- I've never tried Tread classes.
- I tried Tread, it's not for me.
- I am not interested in Tread.

8. The most important thing to you in your training is (select all that apply):

- _____ Consistency and accountability in a workout that is fun, challenging and doable.
- _____ Progression towards a goal and being pushed outside of your comfort zone.
- _____ Keeping your body gently moving without getting hurt.
- _____ Checking a box and meeting a requirement for health insurance or an employer.

9. We want to help you stay consistent, meet your goals, and love your training experience. What can we do specifically for YOU to help you meet your goals?