

BODY COMPOSITION TESTING

Request Form

PLEASE COMPLETE ALL PAGES AND RETURN WITH YOUR REQUEST.
This gives your Personal Trainer important information needed before your appointment.

Name _____ Date _____

Age _____ Address _____

Phone number (home) _____ Phone number (other) _____

When is the best time to contact you? _____

Do you have a trainer preference? Male Female

OR

Name of trainer you prefer (if any) _____

Which of the following goals do you have?

Gain weight/muscle

Increase energy

Reduce Stress

Improve Cardiovascular fitness

Rehabilitate injury

Improve flexibility

Lose weight/inches

Prevent injury

Improve muscle tone/shape

Improve strength

Sports training

What sport? _____

Other (explain) _____

CANCELLATION POLICY: We require 24 hour notice for cancellations of your scheduled appointment.
If you are unable to give 24 hours notice, you will be charged for the session.

I have read and understand the cancellation policy. (Participants under 18 require a Parents signature please)

Signed: _____

Relationship (if under 18) _____

Body Composition Testing

Body Composition (lean tissue vs fat tissue) is essential to monitor your weight loss progress. A certified Personal Trainer will use calipers on select areas of your body to find your lean to fat ratio. Each Body Composition session takes approximately 30 minutes, and includes a private discussion with your certified Personal Trainer afterwards to discuss your goals and what direction you can go to achieve them.

Age: 18 years and older

\$25 Resident, \$30 Non-resident

Please wear shorts and a short sleeved shirt to your appointment, eat and drink as usual.