



BALANCE FITNESS AND WELLNESS

Personal Data Sheet

<i>Name</i>	
<i>Address</i>	
<i>Phone</i>	
<i>Cell</i>	
<i>Email Address</i>	
<i>Age</i>	
<i>Current Weight</i>	
<i>Current Height</i>	
<i>Days/Times Available to Meet</i>	
<i>How many sessions per Week</i>	

Please Describe Your Fitness Goals:

Please describe your feelings about exercise:

Please describe your fitness/exercise history?

