

## **FIVE STAR FITNESS & WELLNESS CENTER**

## **Client Information Form**

Name	Services Interested In:
Address	Gym Membership Personal Training Post Rehab Therapy
Cell No. ( )	│ │ │ │ │ │ │ │ │ │ │ │ │ │ │ │ │ │ │
Email	NOTE: Cell No. and Email will be used strictly for
Primary Training Objective*	Five Star Fitness communications, advertising and promotions.
☐ Fat Loss ☐ Strength Training	Reduce Stress Build Endurance
☐ Shape and Tone ☐ Weight Loss	☐ Build Muscle ☐ Sport Specific Training
Training Experience*	
☐ Sedentary ☐ Beginner ☐ Intermediate	Advanced Pre Contest/Competition
	ormation Form  Services Interested In:
Name	Gym Membership
Address	Personal Training Post Rehab Therapy Massage Therapy
Cell No. ( )	Other
Email	
Duine a m. Tuaining Objective *	NOTE: Cell No. and Email will be used strictly for Five Star Fitness communications, advertising and
Primary Training Objective*	**
Fat Loss Strength Training	Five Star Fitness communications, advertising and
	Five Star Fitness communications, advertising and promotions.
Fat Loss Strength Training	Five Star Fitness communications, advertising and promotions.  Reduce Stress Build Endurance