



Pre-assessment Questionnaire

Please fill in this questionnaire and returned to *Body Balancing Nutrition 176a Cambridge St West Leederville, 6007* or email reception@bodybalancing.com.au **1 WEEK PRIOR** to your first assessment with the personal trainer on the Fitvibe machine. This will help us to create a programme that is designed specifically for you on your first visit.

1. What are your current levels of exercise? (how many times a week and what activities you do – please be specific).

2. Do you have any current injuries or problems which restrict your movement in every day life and/or when exercising? If yes, please explain.

3. What do you hope to gain from training on the Fitvibe Excel?

4. What areas do you want to target with this training? (eg. Shoulders, Glutes, Inner Thigh, Abdominals)

5. Have you previously had any experience training in a gym or using weights?

6. Any other useful information that may aid us when putting together your programme?
